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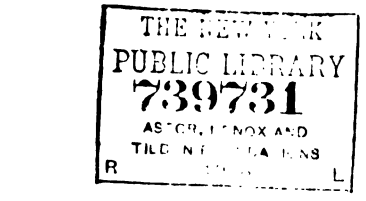
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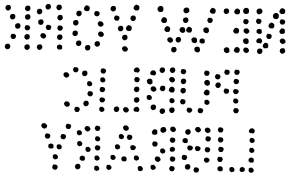
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CHAPTER I

NOTES AND HINTS

THE word *Vegetable* is a wide one, loosely used. It may simply mean something that grows out of the earth, as distinguished from something animal that walks about on the earth, or something mineral, which (to all appearances, but these are deceptive) doesn't either move or grow. If you look in a dictionary, that (as usual) confuses the matter still more, for it says that *vegetable* is from the Latin *vegetus*, or lively (!), and *vegere*, to move or quicken (!!), and *vegetabilis*, animating (!!!). There couldn't be anything farther removed from one's ordinary notions of a vegetable. However, on mature consideration, one is brought back to the idea that a vegetable has grown, moved, developed out of the earth, just as I said at first. I refuse to call it lively, but we must allow that it has "growed." And as to "animating"—well, Huxley said that every plant was a spirit confined in a wooden case. Pythagoras forbade his disciples to eat beans, because of his peculiar doctrines about the transmigration of souls. . . . We are wandering away from the point, and getting into deep waters. Let me restrict myself by stating that this book deals with

EDIBLE AND CULINARY VEGETABLES

They may be leaves, like cabbage; or roots, like carrots; or shoots, like asparagus; or bulbs, like

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onions; or stalks, like celery. They may be tuber like potatoes; or fruits, like tomatoes; or thistl heads, like globe artichokes; or seeds, like peas or flowers, like broccoli. The central fact abou them all is that they can be eaten, and they (mostly must be cooked.

The use of vegetables as eatables is a singularl intermittent affair. Roughly speaking, it is confine as a rule to the hotter countries, and the poore peoples. It is a result of poverty, of climate, or o ultra-civilisation; for man in an aboriginal conditio eats flesh meat *if he can get it*. Roots and fruit and leaves are not his primary idea of food. Th "green herb of the field" ceased to be his nature sustenance at a given prehistoric period. Still there are wild tribes who cultivate grains an vegetables of sorts—because flesh meat is so scarc for them.

The oldest vegetables, from a gardening point o view, are, so far as I can ascertain, (1) the *Cucur bitaceæ*—gourds, melons, cucumbers, etc. (which, o course, are, properly speaking, fruits)—known t the Semitic races, the ancient Egyptians, and th American aborigines; (2) the *Leguminosæ*—peas beans, lentils—which were known to the Bronz Age people, and immensely popular with the Semiti and Egyptian races, not to mention the earlies Grecks and Romans; (3) the *Allium* or Onion trib (belonging to the *Liliaceæ*), of practically simila antiquity; (4) the *Brassicæ* or Cabbage family (5) root vegetables, such as parsnips, carrots beets, etc.; (6) asparagus; (7) skirrets; (8) po tatoes and Jerusalem artichokes. The above, o course, is only a rough résumé, and further par ticulars will be found in the Notes attached to eac vegetable throughout this book.

In Europe, with the fall of the Roman empire vegetables seem to have declined in popular favour;

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and, apparently, they did not regain their old footing until after the Renaissance. The spread of classic literature was also the spread of classic vegetables. Exhumed out of long neglect, from the fourteenth century onward, one finds vegetables being more and more cultivated, and slowly, very slowly introduced from one country to another. We, after our usual habit, were the last of all to profit by these developments, although a large number of the vegetables in question already grew freely as wildings in this fruitful isle.

Our ancestors of the Middle Ages—such as were well-to-do—did not, indeed, take much notice of vegetables, except as salads. The robust and sturdy Elizabethans added copious "salletings" to their bill of fare, but even the potato was at first regarded as a mere medium for conveying the Elizabethans' beloved and all-important sugariness. They expended their ingenuity and their appetite upon fish, flesh, and fowl, elaborately spiced and seasoned; all very well for those to eat vegetables who could get nothing better. Gerarde experimented, in his Holborn garden, with the "love-apple," or tomato; Parkinson interested himself in new and rare productions like the cauliflower. But those who could afford it, preferred meat; and ginger was "hot i' the mouth, too," with most meat dishes.

Meanwhile the poor folk made shift to eke out their scanty meals with any sort of greenstuff. I have myself spoken with a man who, in his childhood, before the repeal of the Corn Laws, had subsisted largely on charlock, young nettles, and other such free gifts of field and hedgerow.

During the seventeenth and eighteenth centuries, culinary vegetables became a continually more frequent addition to the dinner-table; during the nineteenth century they reached, perhaps, their maximum

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of variety, for a great many which were cultivated for a decade or so after the "hungry Forties" have dropped out of use, and have not been replaced by new ones. The list available in the greengrocer's shop, like the number of individual vegetables grown in the average garden, is quite extraordinary in its limitations. On the Continent, and in the United States, a much wider range is proffered.

But whereas in former days a vegetable was strictly seasonal, so that you could not obtain, let us say, a new potato born out of due time, nowadays the seasons are very nearly negligible, by reason of (*a*) foreign products and (*b*) improved methods of storage. I don't maintain for a moment that the expensive forced vegetable is half so good as that which arrives naturally at its authentic date. The former seems to have missed just that much of sun and rain and sweet influences which went to make up the latter. And the stored vegetable cannot, in reason, be equal to the fresh one: we may here except potatoes.

The fact remains, however, that owing to all these increased facilities, strict vegetarianism has become, not only a fad or a fashion, but a cult and an obsession with very many people. Some persons it suits; some it doesn't. You cannot tell till you have tried. In any case it is no use dogmatising: *chacun à son goût.*

Although this book is not written for the professed and rigid vegetarian (for some such might cavil at the meat stock and animal butter employed in many of the recipes), yet the professed vegetarian will find it of considerable value in the number and interest of dishes here presented; whilst the ordinary housewife, desirous of combining variety with economy, and pleasing her family into the bargain, will here find suggestion of the widest scope—of which the gardener may also take

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advantage, in supplying her with something more liberal in his seasonal range of foodstuffs. The present enhanced price of meat makes the wise choice of satisfying vegetables a matter of extreme importance.

The following rough list will give some notion of the respective value of vegetables from a nutritious point of view—*i.e.* regarding them as quality rather than as quantity.

1. Potatoes.
2. Jerusalem Artichokes.
3. Parsnips.
4. Peas, Beans, Lentils.
5. Beets and Carrots.
6. Onions and Leeks.
7. Celery, Seakale, Salsify.
8. Cauliflower and Broccoli.
9. Green Vegetables in general.
10. Everything else.

A FEW DON'TS

(1) Don't boil any vegetable if you can steam it.

(2) Don't use any more water than you can possibly help, if you must boil the vegetable: let it cook in its own juices so far as possible.

(3) Don't throw away the water thus used: it contains much of the essential salts of the vegetable. Use it for stock or sauce, that same day if you can.

(4) Don't put any vegetable into cold water to cook it, except potatoes (old) and Jerusalem artichokes. Put it into fast-boiling water.

(5) Don't forget to salt the water: it makes all the difference to the flavour of the vegetables.

(6) Don't use washing soda on any account: use (if absolutely necessary on account of the hardness of the water) a minute pinch of bicarbonate of soda—about what would cover a threepenny-bit.

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(7) Don't throw away peelings, parings, trimmings or any vegetable matter. Wrap them up tightly in an old newspaper, let them become fairly dry, and use them as fuel.

(8) Don't dump the vegetable into the dish all wet. Strain and drain out the moisture as completely and as quickly as you can, but so as not either to spoil the shape and appearance of the vegetable, or to let it get cold.

(9) Don't put it into a cold dish unless it is to be served cold. A hot thing put into a cold dish is one of the most unpardonable crimes in cookery: and it is "worse than a crime—it is a blunder," likely to undo all your trouble and spoil the whole thing.

(10) Don't despise any left-over vegetables, however small. They can all be used up for salads, stews, or soups: only don't leave them to become stale or sour, especially such as have been served in sauce.

ADVICE IN GENERAL

Vegetables should be gathered early in the morning, and kept in a cool dark place; to put them in a clean dry pail, covered with paper, is a very good plan.

If you are not lucky enough to grow your own vegetables, buy them as fresh as you can; and never keep any till the next day before using. You don't know how long they may have been knocking about in market-carts and markets, collecting germs and getting flabbier every minute.

Green vegetables which are flabby and discoloured are not worth cooking, neither are root vegetables which are limp and stale. The first should be crisp and green, the second firm and stiff.

To draw out and kill slugs, caterpillars, etc., in

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cabbage and cauliflower, add a little vinegar to the water you soak them in while preparing them.

Root vegetables should be cooked in a covered pan; but all green leaf vegetables, except spinach, are best cooked with the lid off. Green vegetables must be boiled very fast, and never allowed to go off the boil.

Any unpleasant smell proceeding from vegetables during their boiling can be obviated by changing the water during the cooking, but by so doing you will waste a good deal of the mineral salts. A better plan is to put a piece of toasted crust in a little muslin bag, along with the vegetable.

Be sure to drain all vegetables thoroughly after cooking, as quickly as possible.

Nothing is more unappetising than cold or lukewarm vegetables; take care, therefore, to serve them *hot* in a *hot* dish with a *hot* cover. Quite commonly a careless cook will plank down her vegetables into a chilly or tepid dish.

There is no vegetable whatever (and this especially applies to roots and tubers) but what is greatly improved by the addition of a good sauce, served separately or otherwise.

SPECIAL UTENSILS FOR VEGETABLE COOKING

NECESSARY: *One or more of the following*: at least two of those marked *

*Steamer.
Double-boiler.
*Stewpan.
*Frying-pan.
*Saucepan.
Chopping-board.
Skimmer or egg-slice.
Wire frying-basket.

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*Sieve.
Colander.
Grater.
Lemon-squeezer.
French vegetable cutter.
Potato scoop.
Hard brush for scrubbing vegetables.
*Wooden spoon.
*Thin sharp knife.

(The more variety in size you have the better: and remember that cheap utensils are poor economy.)

ADVISABLE: *One or more of the following:* two at least of those marked *

Pastry-bag and tube.
Spiral potato-cutter.
Potato-masher.
*Earthenware stew-jar with lid.
Earthenware deep vessel.
*Fancy tin cutter.
Egg-whisk.

VEGETABLE TIME-TABLE

Potatoes, if new, will take about fifteen minutes.
Old Potatoes, twenty-five minutes.
Onions and Spanish Onions take from one to three hours.
Old Carrots at least one hour.
Young Carrots about twenty-five to thirty minutes.
Young Cabbages about fifteen minutes.
Old Cabbages about twenty to twenty-five minutes.
Cauliflowers about fifteen to thirty minutes.
French Beans about fifteen to twenty minutes.
French Beans, if very old, thirty minutes.
Vegetable Marrows, about fifteen to twenty minutes.

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Salsify, from two to two and a half hours.
White Artichokes, from thirty to thirty-five minutes.
Turnips, from thirty to thirty-five minutes.
Turnips, if young, from fifteen to twenty minutes.
Celery, boiling or braising, from two to three hours.
Green Peas, from ten to twenty minutes.
Green Peas, if very old, from thirty to thirty-five minutes.
Spinach, from fifteen to twenty minutes.
Brussels Sprouts, from ten to fifteen minutes.
Broad Beans, from fifteen to thirty-five minutes.
Beetroot, from one and a half to two and a half hours.

The above is for boiling. For steaming, you should allow at least twice as long, and in some cases rather more.

THE VALUE OF STEAMING

It has been well said that "a vegetable is not merely so much bulk to stuff into the human frame. It contains varying proportions of certain constituents necessary for the support of healthy life—nitrogenous, mineral, sugary, starchy matter, etc., etc. You want to preserve as much of these as possible, and not to waste any." Steamed vegetables only incur one-third of the loss which is incurred by boiling. But boiled vegetables lose enormously; from one-third of the total food material (in the case of cabbages) to an incredible wastage in the case of peeled and boiled potatoes.

All the value which goes into the water in boiling, moreover, is actually lost, unless it is reserved for vegetable stock. If, therefore, you *must* boil a vegetable, use as little water as possible.

In the case of spinach and other leaves of similar calibre, no water at all is necessary: they can be cooked in their own moisture.

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But steaming not only saves invaluable mineral salts and food material, it retains the individual flavour of a vegetable, and its shape and form, in a way which boiling can never do.

By using a large steamer with at least two compartments, you will save space, gas, and coal, and the principal values of your vegetables. If you haven't a steamer, make one by a "contraption": a colander over a pan of boiling water will do, *so long as it is covered closely*. This is most important. None of the steam must be suffered to escape. You must be careful, however, to replenish the water as it boils away, and to keep it continually boiling. Steamed vegetables will take nearly twice as long to cook as boiled ones; but they will be worth nearly three times as much, regarded as food. Very much more in the case of potatoes.

The recipes in this book chiefly indicate boiling: they also often indicate a lot of water, because they are collected from a vast variety of sources, and the original belief in boiling dies hard. But our thrifty continental neighbours would hardly credit the wastage that has gone on over here, all these centuries, in the matter of vegetable "stock," and I hope that hard times may have the effect of teaching us wisdom and economy in this respect.

PROPER SEASONS FOR VARIOUS VEGETABLES

(This list is only comparatively accurate, because owing to foreign and forced products, the season of several vegetables is frequently anticipated or prolonged.)

Artichokes, Chinese .	November to April.
,, *Globe* .	July to September.
,, *Jerusalem*	October to April.
Asparagus (*English*)	March to July.
Beans (*Broad*) . .	June to August.

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Beans (French) . .	May to October.
,, *Haricot, Butter, etc.* . .	All the year round.
,, *Runner* . .	July to October.
Beet-root . . .	Nearly all the year.
Broccoli . . .	November to June.
,, *Sprouts* .	January to May.
Brussels Sprouts .	September to March.
Cabbage . . .	All the year (various kinds).
,, (*Red*) . .	October to February.
Capsicums . .	August to October.
Cardoons . .	October to March.
Carrots . . .	All the year.
,, *Young* .	March to July.
Cauliflower . .	June to October.
Celery . . .	October to April.
Celeriac . . .	October to April.
Chervil . . .	All the year.
Chestnuts . . .	All the year.
Chicory or Endive .	September to April.
Chives . . .	May to September.
Corn Salad or Lamb's Lettuce . . .	September to March.
Cress . . .	All the year, but best in Spring.
Cucumbers . .	May to July.
Dandelions (leaves) .	April to July.
,, (*roots*) .	July to October.
Egg-plant or Aubergine	July to September.
Fennel or Finocchio .	August to December.
Garlic . . .	All the year.
Good King Henry .	April to June.
Greens . . .	October to March.
Hops . . .	April to June.
Horse-radish . .	All the year.
Kale . . .	December to March.
Kohl-Rabi . .	All the year.
Leeks . . .	All the year.

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Lettuces (*English*)	May to November.
Maize	Late summer.
Mushrooms	All the year.
Nasturtiums (*leaves*)	June to September.
,, (*tubers*)	October till March.
Nettles	Early spring.
Onions (*English*)	All the year.
,, (*Spanish*)	October to April.
,, (*Spring*)	February to November.
Parsnips	September to April.
Peas (*English*)	July to October.
,, (*Dried*)	All the year.
Potatoes	All the year.
,, (*new English*)	May to July.
Pumpkins	July to October.
Radishes	May to September.
Rampion	October to March.
Rocambole	All the year.
Salsify	December to March.
Samphire	May to September.
Savoys	October to March.
Scorzonera	December to March.
Sea-kale	December to May.
Shallots	All the year.
Skirrets	September to March.
Sorrel	April to September.
Spinach (*summer*)	March to July.
,, (*winter*)	November to March.
Sprue (*Asparagus shoots*)	January to June.
Swedes	All the year.
Tomatoes	All the year.
Turnips	All the year.
Turnip-tops	November to February.
Truffles	November to March.
Vegetable Marrows	July to October.
Watercress	All the year.
Yams	All the year.

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WEIGHTS AND MEASURES

2 saltspoons	= 1 coffee spoon.
2 coffeespoons	= 1 teaspoon.
5 teaspoons (dry)	= 1 tablespoon.
4 teaspoons (liquid)	= 1 tablespoon.
4 tablespoons (liquid)	= 1 wineglass.
4 tablespoons (liquid)	= ¼ cup.
8 large tablespoons	= 1 gill.
2 gills	= 1 cup or ½ pint.
2 cups	= 1 pint.
2 pints (4 cups)	= 1 quart.
1 tablespoon (liquid)	= ½ ounce.
1 heaped tablespoonful sugar	= 1 ounce.
1 ,, ,, butter	= 1 ounce.
1 cup sugar (granulated)	= 8 ounces.
1 ,, butter (solid)	= 8 ounces.

2 cups equal 1 pound and are equivalent to 1 pint.

A pint of milk or water equals a pound of dry material; but vegetables and fruit measured by the pint are not always exactly equivalent to a pound; it depends upon the kind of vegetables, etc.

Peas and beans, per pint, are fairly equivalent to a pound: so are nuts and small berries. It is best to buy vegetables by weight instead of measure, except in the case of potatoes.

1 cup of rice requires 3 cups of water, and more of milk or stock.

2 tablespoonfuls each of flour and of butter require 1 cup of liquid (for sauce).

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CHAPTER II

VEGETABLES, COOKED PLAINLY OR ELABORATELY

ARTICHOKES (GLOBE)

NOTE.—The Globe Artichoke—so little grown nowadays, regarded as a rarity and a luxury—can boast itself of immeasurable antiquity. Its name is derived from the Arabic *Alkharshuf*. It is not only one of the oldest cultivated vegetables in the world, it is *the* artichoke, and all others are merely so-called because of their fancied resemblance in flavour to this one. The Greeks and Romans were enjoying the globe artichoke while the humble Jerusalem artichoke was still undreamed of. It is a kind of huge thistle, of which you can only eat the scaly immature flower-heads; and of these, the only essential part is the fleshy base to which the undeveloped petals are attached. Moreover, it is not to be found in many gardens; people don't consider the game worth the candle, for though the artichoke is nominally a hardy perennial, in various districts it is nothing of the sort. And it must be gathered and cooked at exactly the right moment, when neither too small to be flavourless or too large to be succulent. . . . The "chards" which succeed the flower heads also make good eating.

Preparation.—Cut the stem level with the leaves, remove some of the tough bottom leaves; the top leaves may also be trimmed into shape by cutting

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away about an inch. Subsequently wash the artichokes, and proceed to cook them. Serve with *beurre fondu* in a separate dish.

1. ARTICHOKES BOILED

Prepare as stated above. Place the artichokes in boiling salted water. Let them continue to boil fast until the leaves will come away easily from the base—say about thirty minutes. Serve with melted butter or Sauce Hollandaise.

2. ARTICHOKES STEWED

Trim and prepare the artichokes, remove the "chokes," rub some lemon juice round the cavity where the choke was, and parboil in salted water with a squeeze of lemon-juice. Drain thoroughly, and put into a stewpan in which one ounce of butter has been dissolved. Dust with salt and pepper, sprinkle with small bits of butter, and let stew slowly till quite done. Serve with a rich sauce.

3. ARTICHOKES STUFFED

Prepare some artichoke bottoms; boil till tender, drain and wipe gently, dust with salt and pepper. Place them in a buttered baking-dish; fill each with grated or finely chopped nuts. Strew over these some fine crumbs and a little melted butter. Bake in a hot oven for about ten minutes, carefully basting, and send to table in the same dish.

ARTICHOKES (JERUSALEM)

NOTE.—It is an insoluble mystery why these extremely easily-grown, cheap, and valuable tubers are comparatively little known. I have come across very many people who never use them at all; who hardly, indeed, knew them by sight. They are like

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smallish, irregularly shaped potatoes to look at, and in actual food-value they stand next to potatoes, parsnips being third. They are particularly digestible, and have a mild, pleasant flavour of their own; their texture, too, is pleasing, and their cooking a simple matter. The name *Jerusalem* is a corruption of the Italian *girasol*, meaning a sunflower or helianthus, to which family the Jerusalem artichoke belongs; it is not really an artichoke at all. (I should imagine that the roots or tubers of all the helianthus tribe were edible—if anybody had the courage to experiment.) It originally came, about 1600, from North America, where it was appreciated and cultivated by the Red Indians—an appreciation very much to their credit.

Preparation.—Much as for potatoes which are to be boiled without their skins. Carefully peel, scrape, and wash the artichokes, and blanch them in cold water. Some people place them in a saucepan of salted cold water, like old potatoes; but in the majority of recipes which follow, boiling water is indicated. Be cautious that they do not get overdone, and become all soft and squashy. Twenty minutes' fast boiling should suffice, if they are put into boiling water.

4. ARTICHOKES BAKED

Peel, wash, and wipe dry one pound to two pounds of Jerusalem artichokes. Sprinkle salt over them, and let them stand half an hour; then dry them again with a cloth, and put them, in a dripping-tin covered with dripping, in the oven till they are quite tender and well browned all over. They should all be of an even size, or the larger ones can be halved. When they are done, drain them and place in a hot dish, or round a hot joint; under which they can be baked if need be.

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5. ARTICHOKES BOILED

Wash and scrape the desired number of Jerusalem artichokes. Cover with boiling salted water and cook until tender (about half an hour); drain, dust with salt, and set on the back of the range to evaporate the moisture. Serve with melted butter, or with white or Béchamel sauce.

6. ARTICHOKES WITH CHEESE

Boil two pounds of Jerusalem artichokes, drain, and mash them up with one gill of milk. (Mashed cooked onions are an improvement, and yesterday's onion sauce is an admirable substitute for milk.) Turn the mixture into a well-buttered baking-dish, dust the top well with grated cheese, and bake till the top becomes coloured.

7. ARTICHOKES, ESPAGNOLE

Peel, thoroughly wash and drain twelve Jerusalem artichokes; heat two tablespoonfuls of leaf lard in a frying-pan, arrange the artichokes in it, and slowly fry for fifteen minutes, or until a nice brown colour, turning once in a while; take up and place in a saucepan with one gill and a half of demi-glace (No. 704) and one tablespoonful of Madeira wine. Carefully mix, season with half a teaspoonful of salt, a saltspoonful of cayenne; cover the pan, then set in the oven for fifteen minutes. Remove, place in a deep dish, and serve.

8. ARTICHOKES FRIED IN BATTER

Peel and wash some Jerusalem artichokes, choosing good-sized ones, as evenly shaped as you can find. Slice them thinly, and, having made a batter with one beaten egg, one tablespoonful of flour, and half a pint of milk, dip them in it; lift

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them out separately with a skimmer or egg-slice, and fry them at once in boiling fat. They should be a golden brown.

9. ARTICHOKES AU GRATIN

Take three large Jerusalem artichokes, peel, wash, and boil them perfectly tender. Mash them with a fork, adding pepper and salt to taste, and a squeeze of lemon juice. Put them in a buttered pie-dish, alternately with layers of grated cheese; finish the top with breadcrumbs and cheese, and small bits of butter. Put into a quick oven for ten minutes, and serve at once.

10. ARTICHOKES, PERSILLADE, No. 1

Peel, wash, and drain twenty-four fresh, sound, medium Jerusalem artichokes. Heat two tablespoonfuls of melted lard in a frying-pan, place them in the pan, and let them brown a nice colour all over. Sprinkle over a teaspoonful of salt and two salt-spoonfuls of white pepper, and set in oven for twenty-five minutes. Remove, take all fat from pan, add half an ounce of butter, with teaspoonful of chopped parsley and half a teaspoonful of chopped chives. Dress the artichokes on a hot, deep dish and serve.

11. ARTICHOKES, PERSILLADE, No. 2

Peel and well wash eighteen good-sized Jerusalem artichokes; plunge them in a quart of boiling water with a teaspoonful of salt, and boil for fifteen minutes. Drain on a sieve and place in a frying-pan with a tablespoonful of melted butter. Season with a saltspoonful each of salt and of white pepper, and then fry them until a nice golden colour all over,

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turning them now and then. Sprinkle a light teaspoonful of chopped parsley over, slightly toss, and serve.

12. ARTICHOKES, RISSOLÉ

Peel, wash, and drain twenty-four medium-sized, fresh, sound Jerusalem artichokes. Heat two tablespoonfuls of melted lard in a frying-pan, place artichokes in the pan, and fry them to a nice brown colour all around. Sprinkle over a light teaspoonful of salt and two saltspoonfuls of white pepper. Set in oven twenty-five minutes. Remove with a skimmer, dress on a deep hot dish; sprinkle over half a teaspoonful of chopped parsley. Remove fat from pan, add one ounce of butter, thoroughly heat, then squeeze in juice of half a sound lemon; lightly mix, pour it over the artichokes, and serve.

ARTICHOKES—CHINESE (OR JAPANESE)

NOTE.—The Chinese artichoke is not, strictly speaking, an artichoke at all, but a very pretty little tuber, singularly resembling a carved ivory chess-queen. It belongs to the same family (*Stachys*) as the garden Lamb's-Ear and the wild Betony. It is not so much grown as it deserves to be, combining, as it does, the triple attractions of appearance, taste, and digestibility. To these we might add novelty—always desirable where food is concerned. It can be eaten either boiled or fried, or raw as a constituent of salads.

Preparation.—Little preparation is needed beyond washing and a modicum of trimming.

In order to retain their charming ivory tint, uncooked Chinese artichokes should be carefully guarded against exposure to light.

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13. ARTICHOKES (CHINESE) BOILED

Prepare as stated above. Place in fast-boilin salted water; boil until tender, but not broke say about twenty minutes, and serve with melte butter, white sauce, or Sauce Hollandaise.

14. ARTICHOKES (CHINESE) FRIED

Wash and wipe dry, then fry the artichok whole in butter. Let them obtain a nice brown, an serve on hot buttered toast. They can, at discretio be dipped in egg and breadcrumbs before frying.

15. ARTICHOKES (CHINESE) STEWED

For a pound of the vegetables, put one pint water into a stewpan with a saltspoonful of salt, dessertspoonful of vinegar, a teaspoonful of flou and an ounce of butter; stir these all over the fi till boiling, then put in the artichokes, which shou have been washed and scraped, and simmer slow for fifteen minutes with the stewpan not qui covered down; then drain and serve with butte or any sauces suitable for celery.

ASPARAGUS

NOTE.—It is extremely odd that although Aspar gus is one of the oldest vegetables known to hor culture, and moreover is an indigenous British pla we have never yet learnt to pronounce its nam To the English lower classes—notoriously po linguists—it is "sparrowgrass," and nothing el Asparagus is a sea-coast plant of the Lily tribe, a its scaly stalks, which we eat, are as succulent a agreeable as its foliage (if left to develop) is deco tive and beautiful. It is dear to buy, but (on established) easy to grow, being a herbaceo

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perennial, not an annual like the commoner and cheaper vegetables. Its delicate flavour is unique; its nourishing qualities, though not now esteemed so highly as in former centuries, are still considerable; and its appearance has an elegance, a style, a *je ne sais quoi*, which one can scarcely parallel. It affords to the consumer a sense of opulence and luxury which is extremely attractive in these penurious times, and it is tempting alike to the invalid or the epicure, though many medical men forbid it to the gouty patient.

Preparation.—Wash the asparagus, which should be freshly gathered; remove with a sharp knife any coarse scales towards the lower end; tie it up with tape into bundles of twelve to twenty-four stems each (which should so far as possible be all the same thickness), keeping the heads symmetrically level with each other; and cut the stem-bases level, so that every stick is of the same length.

16. ASPARAGUS BAKED WITH CHEESE

One bunch of asparagus, three tablespoonfuls of butter, three tablespoonfuls of flour, a quarter of a teaspoonful of salt, one cup of white stock or one cup of asparagus stock, half a cup of cream, yolks of two eggs, grated Parmesan cheese, buttered biscuit or bread-crumbs.

Scrape the scales from the stalks, and wash and tie the asparagus in a bunch. Cook in boiling salted water until nearly tender, and drain carefully. Make a sauce of the butter, flour, seasoning stock and cream; add the yolks and two tablespoonfuls of cheese. Stir the sauce until the cheese melts, but do not let it boil. Put the asparagus and sauce into a buttered, oval baking-dish in layers, leaving the asparagus tips at one end of the dish and covering only two-thirds the length of the stalks with sauce.

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Sprinkle each layer of sauce with cheese, having th last layer sauce. Cover with buttered crumbs, an set the dish in the oven long enough to brown th crumbs. The tender portions of the asparagus, cu in half-inch lengths before cooking, may be use instead of the whole stalks.

17. ASPARAGUS BOILED, No. 1

Undoubtedly asparagus is best boiled in th following way, which leaves the tips above water Have a saucepan of salted boiling water (to whic one tablespoonful of vinegar may be added a pleasure) sufficient to cover two-thirds of th asparagus stalks, stood on end in bundles. Th stems, which are thicker and tougher, will be thu cooked in boiling water, while the delicate tips ar steamed. Do not cover the saucepan. The aspara gus will take from half an hour to forty minutes t cook. Drain it, take off the tape, and either lay i on dry toast in a dish, or upon a napkin, and serv with Sauce Hollandaise or with *beurre fondu*.

18. ASPARAGUS BOILED, No. 2

It is better to cut and cook asparagus as yo require it; but if it be bought, put the stems int cold water till you are ready to cook it. The whit ends of the stems must be scraped and washed i cold water; then the asparagus should be tied int small bundles, and placed in boiling salted wate in a saucepan without a lid. Cook until tender which should be in about fifteen minutes; drai and serve on buttered toast.

19. ASPARAGUS BOILED, MOUSSELINE SAUCE

Prepare and cook as usual. When tender, drain and serve on a slice of toast, pouring the sauce ove the asparagus. Surround with fanciful-shaped bit

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of bread, sauté in butter. For the sauce, beat two tablespoonfuls of butter to a cream, add the yolks of four eggs, one at a time; then add two tablespoonfuls of lemon juice, a quarter of a teaspoonful of salt, and a dash of cayenne. Cook over hot water until the sauce thickens, then add two tablespoonfuls of butter in three parts, incorporating each part before another is added. Lastly beat in a quarter of a cup of thick cream. Serve when thoroughly heated. The sauce should be thick and frothy.

20. ASPARAGUS EN BRANCHES

Scrape the coarse scales from the branches, cut in equal lengths, and tie in bunches. Cook the asparagus in a small quantity of water, drain, and dispose on a well-toasted and buttered slice of bread. Rub the yolks of three hard-boiled eggs to a smooth paste, add a quarter of a teaspoonful of salt and a dash of pepper; then gradually beat into the egg enough butter, softened but not melted, to make a sauce of the consistency of mayonnaise dressing. Mask the asparagus with the sauce and serve at once. Béchamel, white, Hollandaise, and Béarnaise sauce (hot or cold) are all used with asparagus.

21. ASPARAGUS CREAMED

Take about two dozen good pieces of asparagus, and break the stalks into pieces one inch long, or cut with a silver knife. Cook them in boiling water, slightly salted; do not put in the tips till the stalks are half-done. Have ready some cream sauce, made as follows: one pint of cream (or hot milk for economy), two tablespoonfuls of flour, the same of butter; salt and pepper to taste. Drain and serve the asparagus on buttered toast, masked with the cream sauce.

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22. ASPARAGUS AUX ŒUFS

Take about a dozen stalks of cold cooked asparagus and cut them into very small pieces, no larger than peas. Place in a lined saucepan one ounce of butter; let it melt, then add one tablespoonful of new milk or cream, one tablespoonful of good stock or gravy, salt and pepper to taste, and three eggs well whisked. Mix thoroughly, put in the asparagus, let the mixture simmer quickly till the eggs set and thicken; then pour it upon slices of buttered toast.

23. ASPARAGUS OMELET

Whisk six eggs to a froth (whites and yolks together), and add two tablespoonfuls of milk; have ready some asparagus tips, boiled and allowed to get cold, then finely chopped (one bunch of asparagus should suffice). Melt one tablespoonful of butter in a frying-pan; add the asparagus to the egg, etc., pour in the butter, and treat as an ordinary omelet, folding it over and serving very hot.

24. ASPARAGUS PATTIES

Make a sauce of three level tablespoonfuls each of butter and flour, and half a cup each of chicken broth, cream, and the water in which a bunch of asparagus has been boiled; add the beaten yolks of two eggs, a teaspoonful of lemon juice, salt and pepper, and a bunch of hot asparagus, cut in small pieces and cooked until tender. Serve in hot puff-paste shells, in cases made of fritter batter, or in bread croustades.

25. ASPARAGUS POLONAISE

Trim off ends, carefully scrape and thoroughly wash two bunches of sound, fresh asparagus, tie

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in three bunches, then plunge in three quarts of boiling water with a tablespoonful of salt, and boil for twenty-five minutes. Lift up, drain on a sieve, and dress on a dish. Place one ounce of butter in a frying-pan with three tablespoonfuls of breadcrumbs, toss on fire until a light brown, pour butter over asparagus, and serve.

26. ASPARAGUS PUDDING

Boil two bunches of asparagus till tender; let them cool, and cut off the green tops. These must be chopped quite small (with a silver knife for choice), and added to the following mixture: four eggs well whisked, one tablespoonful of butter (melted), three tablespoonfuls of flour, one breakfast-cupful of milk in which one saltspoonful of bi-carbonate of soda has been dissolved, seasoning to taste of pepper and salt. The eggs, butter, and seasoning should be whisked together, and the flour gradually added—lastly the milk and the asparagus. Pour into a buttered mould, cover securely, and place in boiling water for two hours, or steam for two and a half hours. Serve in a hot dish.

27. ASPARAGUS, SPANISH STYLE

Cook the asparagus tied in a bunch, the tips out of the water, or cut the tender portion in small pieces; put all but the tips over the fire to cook, and when partly cooked add the tips. Drain the asparagus and turn into a serving-dish; add two tablespoonfuls of vinegar or lemon juice to the water, and in it poach three or four eggs; place the eggs in the asparagus and pour over the whole French dressing, to which a teaspoonful each of fine-chopped parsley capers and cucumber pickles have been added.

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28. ASPARAGUS, SWISS

Scrape and clip off the ends of two bunches of fresh asparagus; thoroughly wash and tie them up in three bunches; plunge them in three quarts of boiling water with a tablespoonful of salt, and boil for fifteen minutes. Remove and drain well.

Mix on a plate one ounce of grated Swiss and one ounce of grated Parmesan cheese. Lightly butter a baking-dish, arrange a third of the asparagus as a layer at the bottom of the dish, sprinkle a third of the cheese over, then another third of the asparagus, a third of the cheese, then the rest of the asparagus and cheese on top. Place an ounce of butter in a frying-pan with half a very finely chopped white onion; toss until a very light brown, and pour over the asparagus. Set in the oven for fifteen minutes. Remove and serve.

29. ASPARAGUS TIPS

Cut off the tender parts of a large bunch of fresh, green, sound asparagus; wash in cold water, drain, and place in a saucepan with a quart of water, a teaspoonful of salt, a teaspoonful of sugar, and boil for twenty minutes. Remove and thoroughly drain on a sieve. Heat half an ounce of butter in a frying-pan; add the tips. Season with a saltspoonful of salt, two saltspoonfuls of sugar, and two saltspoonfuls of pepper. Toss gently, and cook for five minutes, tossing them once in a while. Dress on a vegetable dish and serve.

If no fresh asparagus is at hand, use tinned asparagus, but boil for five minutes instead of twenty and prepare the same way.

30. ASPARAGUS TIPS IN CREAM

Cut all tender parts of a large bunch of fresh green asparagus in one-inch long pieces. Plunge in a

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quart of boiling water with a teaspoonful of salt, a teaspoonful of sugar; boil for twenty minutes and drain on a sieve. Mix in a saucepan half an ounce of butter with one ounce of flour; heat for half a minute, then pour in one gill of hot milk, one gill of cream, half a teaspoonful of salt, half a teaspoonful of sugar, one saltspoonful of grated nutmeg; mix well with a wooden spoon until it comes to a boil, then add the tips with half an ounce of good butter; mix well, let boil for five minutes, pour in a vegetable dish, and serve.

BEANS

NOTE.—All sorts of curious superstitions hang around the harmless, necessary bean. It has been cultivated for countless centuries, but often as an object of fear and reverence, rather than for its unquestionable food-value. By certain Greek philosophers, beans were associated with the transmigration of souls, and hence became forbidden food. By the ancient Egyptians, beans were regarded as sinister and evil things. By our own "rude forefathers," the scent of bean-flowers was considered ominous and unlucky. Beans figure largely in folk-lore and fairy-tales: magic beans of incredible growth, *sic itur ad astra*; sacks of beans which are exchanged for mysterious gifts; and so forth. Whilst, even now, the phrase "to give a man beans" contains an occult significance beneath its superficial simplicity.

The most remarkable bean of all, the soya bean, has only been known to Europe about seven years, though soya flour has been used for over two thousand years in the Far East, and is higher than wheat in protein value. To the soya bean, and the oil extracted from it, some three or four years ago, was ascribed the following list of products. I don't

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know how many more have been discovered since then.

Vegetable for cooking.	Beancake.
Soups.	Fertiliser.
Meat substitute.	Biscuits and food for diabetic patients.
Chocolate substitute.	
Macaroni substitute.	Paints and varnishes.
Coffee substitute.	Paper umbrellas and lanterns.
Rubber substitute.	
Lard substitute.	Oil.
Dynamite and high explosives.	Oil cakes.
	Margarine.
Waterproof cloth.	Soaps.
Toilet powder.	Linoleum.
Flour.	Salad oil.
Artificial milk.	Lubricating oil.
Cheese.	Lamp oil.
Sauce.	Sardine preservative.
Meal for cattle.	Artificial horn.

For all the above a little bean is responsible, with a stem not more than three feet high, and a pod two inches long! No "Jack and the Beanstalk" romance can beat this. But to come back to our own common-or-garden beans (perhaps we have not explored as yet a tenth of their potential value).

The broad or Windsor bean, that admirable legume which is, usually, only to be encountered on the humble domestic board—hardly ever upon the table of plutocracy—is indeed a delectable dish. Discreetly clad in parsley sauce, and commonly companioned with boiled bacon, it is the ideal fare of the hungry schoolboy. It has been used a long, long while in Britain, whereas the kidney or haricot bean—the dwarf French bean—only arrived to us in the early sixteenth century, and the brave and beneficent scarlet runner was unknown here till *circa* 1600.

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All beans are incomparably useful if properly cooked. They don't agree with everybody, worse luck. The present writer suffers tortures if she rashly ventures upon a helping of broad beans, butter beans, or haricots. By the way, we have not mentioned butter (or Lima) beans. They are enormously employed in the United States of America, either fresh or tinned, usually plus pork. "They are," as Artemus Ward observed, "a cheerful fruit when used tempritly." As they won't grow satisfactorily over here, they can only be had in their dried form, like dried haricots. They make a welcome variety in winter. Haricots are especially nutritious, economical, and wholesome.

Preparation.—(1) Broad (Windsor) beans should be gathered and eaten young, or not at all. As a rule, they are never procurable in shops until really too old for any person of taste. By the time the skins are so thick that the beans have to be peeled after cooking they are not fit for human food. They should be put into fast-boiling water, slightly salted (one saltspoonful to one quart), just sufficient to cover them, and boiled until the skins crack—*i.e.* about twenty-five minutes. Drain and serve them with Sauce Hollandaise, *beurre fondu*, or parsley sauce, in a separate dish.

(2) French beans should also be used while quite young, before they become stringy, boiled whole in a minimum of salted water, and served with separate sauce as above. Older ones may be sliced and boiled in water or stock. The same remarks apply to Scarlet Runners.

(3) Haricot beans (dried) should be washed and soaked in cold water overnight, then boiled for at least three hours. Salt should be added when they are half done. Two quarts of boiling water should be allowed for each pint of haricots.

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boiling water with a teaspoonful of salt, and boil forty minutes. Drain on a sieve, replace in saucepan, adding half an ounce of good butter, half a teaspoonful of salt, and three saltspoonfuls of white pepper; mix well with a fork, dress on a vegetable dish, and serve.

41. FRENCH BEAN NOISETTES

Open a pint tin of French beans, remove all the water, drop them in a pint of boiling water with half a teaspoonful of salt, boil for five minutes, and thoroughly drain on a sieve. Place an ounce of butter in a black frying-pan, and move pan from fire until the butter is a nice brown colour; add the beans with half a teaspoonful of vinegar, three saltspoonfuls of salt, and two saltspoonfuls of pepper; toss well while heating for one minute, dress on a vegetable dish, and serve.

42. RUNNER BEANS ÉTUVÉS

Carefully string a quart of fresh, tender beans; cut in two, place in a saucepan, and pour in white broth enough to cover them. Finely chop a branch of parsley, and half a clove of sound garlic, and add to beans. Season with a teaspoonful of salt, half a teaspoonful of pepper; mix well, cover saucepan with a towel, place lid on, and let it cook for forty-five minutes. Uncover, add an ounce of butter, carefully mix with a fork, dress on a vegetable dish, and serve.

43. RUNNER BEANS ORLÉANNAISE

Carefully break both ends and pull off strings from a quart of fresh, tender beans; cut in two, then plunge in boiling water with a teaspoonful of salt and half a gill of good vinegar, and boil forty

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minutes. Thoroughly drain. Heat an ounce of butter in a black frying-pan, add one exceedingly fine-chopped sound white onion, and gently fry five minutes, tossing once in a while; add the beans. Season with half a teaspoonful of salt, two saltspoonfuls of white pepper, and half a teaspoonful of chopped chervil; let them brown five minutes, frequently tossing meanwhile; then squeeze in juice of half a sound orange, toss well for a minute, and serve.

44. RUNNER BEANS (PALOISE)

Break blossom end and pull backward, removing string and pare strip from other end, from one quart of fresh, tender, runner beans; cut in two and place in a saucepan with three pints of water, a teaspoonful of salt and a tablespoonful of vinegar, and boil forty minutes. Thoroughly drain on a sieve, then place in a frying-pan with half an ounce of butter, a teaspoonful of vinegar, half a teaspoonful of freshly chopped parsley, half a teaspoonful of salt, two saltspoonfuls of pepper, one saltspoonful of grated nutmeg, and one egg yolk. Carefully mix by lifting up from under with a skimmer, dress on a vegetable dish, and serve.

45. HARICOT BEANS BOILED, No. 1

Wash the beans (quantity according to requirements) and throw away all that *float* upon the water. Soak them for twelve hours at least (overnight for preference). Put them into cold water slightly salted, bring slowly to the boil, and let them simmer very gently until quite tender. To improve the flavour, for one pint of beans add twelve ounces of onions, and a muslin bag of dried herbs, allowing three pints of water to boil them in.

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46. HARICOT BEANS BOILED, No. 2

Soak all night; boil in plenty of boiling water and salt for several hours—at least four. Drain them well, and dish up with a small piece of butter in the vegetable dish. Butter beans may be treated as above.

47. HARICOT BEANS (BRETONNE)

Soak one pint of dried white beans in cold water for twelve hours; drain and place them in a saucepan with two quarts of cold water; season with a tablespoonful of salt and a teaspoonful of white pepper, adding two medium white onions cut in halves, three small branches of parsley tied with a sprig of bay leaf; add half a pound piece of salt pork, cover the pan, set on the fire, and let cook slowly for two hours.

Heat in a saucepan two tablespoonfuls of melted butter, add one medium, chopped onion and three tablespoonfuls of flour; cook for five minutes, continually stirring meanwhile; then strain all the gravy of the beans into this pan. Mix well and boil for two minutes. Remove all the ingredients from the beans, then add the cooked beans to the sauce; add a tablespoonful of chopped parsley, gently mix with a wooden spoon, and serve.

48. HARICOT BEANS FRIGOLES (MEXICAN)

Boil some haricot beans until quite soft; drain them; prepare some sage and onions as for pork stuffing; mix the beans with these ingredients in a basin with a little pork dripping; cover the basin over, and warm up in the oven for half an hour.

49. HARICOT BEAN FRITTERS

Take some cold boiled haricot beans, and mash them up, seasoning them according to quantity with

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finely minced parsley and shallots, and a little salt and pepper. Moisten with milk, and work in sufficient fine breadcrumbs to make the mixture fairly solid. Form it into small round or oval cakes about one inch thick, which must be dipped in egg and breadcrumbs (or flour) and fried a pale brown. Butter beans may be treated as above, adding half an ounce of butter to half a pint of beans, one beaten egg, and a grate of nutmeg.

50. HARICOT BEANS WITH ONIONS

Take one pound of haricot beans, and soak them twenty-four hours in cold water. Put them into two quarts of cold water in a saucepan, and let them simmer quickly for two hours; then drain them, and put them into a frying-pan with two ounces of melted dripping, two onions cut in rings, half a teaspoonful of salt. Fry the haricots lightly, shaking them well. A sharp sauce is a good accompaniment to beans of this kind.

51. HARICOT BEANS STEWED

Take half a pint of haricot beans, place them in a large saucepan with a very little cold water, not enough to cover them—the more water you put, the less they will be properly cooked. Put the pan over a very gentle heat, and let the beans stew gradually for three hours; if they become too dry, add occasionally a little more water. When they are quite soft, strain them off; meanwhile prepare the following sauce. Heat a tablespoonful of dripping to boiling point in a frying-pan; then stir in one teaspoonful of flour, and pepper and salt to taste. When the mixture has browned a little, add gradually one tablespoonful of browning and about four tablespoonfuls or rather more of hot water. Let the sauce thicken, then pour it over the beans.

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BUTTER BEANS OR LIMA BEANS

NOTE.—These are extensively used in the U.S.A., but we only get them in a dried form. One of our greatest seedsman firms has informed me that after long and repeated experiments, they have almost abandoned the attempt to grow them satisfactorily in this climate. Where you *can* grow them, they are called wax-pods while young, and are cooked and eaten whole. The following recipes are chiefly for *fresh* beans, where procurable. Ordinary bought butter beans must be soaked overnight, like haricots, and skinned before cooking; this is no doubt a bother, but their nutritive value is very great.

52. BUTTER BEANS BONNE FEMME

Place in an enamelled pan one finely chopped onion, two ounces of lean raw ham cut in small squares, one tablespoonful of melted butter, and nicely fry five minutes, stirring meanwhile; add one pint of shelled Lima beans and half a pint of broth. Tie together a very small head of lettuce and two branches of parsley, and add to the beans. Season with half a teaspoonful of salt, three saltspoonfuls of pepper, half a saltspoonful of grated nutmeg, and lightly mix. Cover pan and let gently boil thirty-five minutes, then lift up the lettuce, etc. Knead on a saucer one ounce of butter with a light tablespoonful of flour and add to the beans; gently mix without mashing and cook for two minutes more. Pour them into a vegetable dish and serve.

53. BUTTER BEAN CROQUETTES

Half a pint of dried butter beans, half an ounce of butter, one teaspoonful of chopped parsley, half a teaspoonful of salt, quarter of a teaspoonful of

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pepper, one-eighth of a teaspoonful of grated nutmeg, one egg, oil for frying. Soak the beans in cold water overnight; in the morning the skins can be removed easily. Put them into a saucepan, with plenty of boiling water and a teaspoonful of salt, and boil gently for an hour, or longer, until quite tender.

54. BUTTER BEANS, FERMIÈRE

Finely slice two very small, scraped carrots, one small white onion, and one ounce of lean salt pork cut in pieces; place in an earthen pot with a teaspoonful of lard, and gently brown for six minutes, then add a pint of shelled Lima beans. Tie together two leaves of lettuce, one clove of garlic, one branch of parsley, and a branch of chervil, and add to the beans; pour hot water up to half the height of the beans. Season with half a teaspoonful of salt, half a teaspoonful of sugar, and two saltspoonsful of pepper. Mix well, cover the pan, cook on the range for five minutes, then set in oven for thirty-five minutes. Remove, lift up the bouquet, add half an ounce of butter, and toss well. Place on a vegetable dish, and serve.

55. BUTTER BEANS AUX FINES HERBES

Boil a pint of shelled Lima beans in a quart of boiling water, with a teaspoonful of salt, twenty-five minutes. Drain on sieve, then place in a sautoire with an ounce of good butter. Season with half a teaspoonful of salt and two saltspoonfuls of pepper. Finely chop together two branches of parsley, one branch of chervil, ten branches of chives, and six tarragon leaves; add this mixture to the beans, toss well in pan, and cook five minutes, frequently tossing meanwhile. Transfer beans into a vegetable dish, and serve.

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BEETROOT

NOTE.—This, though you might never think so, is a first cousin of Spinach. It grows wild in Britain, as does Good King Henry, another cousin; and has been used with us as an eatable for at least seven hundred years. Most people regard beetroot only as an ingredient of salads, or to be sliced in vinegar. But, baked or boiled and eaten hot like other root vegetables, it is at once more digestible and, to my thinking, more attractive. Owing to the natural sugar of beetroot, it is inadvisable for any person suffering from gout, rheumatism, or diabetes.

Preparation.—Great care must be taken not to break the skin of beet before cooking it. Wipe it gently to remove any soil which may adhere, but don't attempt to trim or cut it. Put it into fast-boiling water, and let boil from one to two hours, according to the size and age of the roots. Then remove, drain, and skin them; some people plunge them in cold water to make the skin come off more easily, but if they are to be served hot, this is an obvious mistake. Place them in a hot dish, and season them with pepper and salt; add butter or gravy, or pour a thick white sauce over them.

56. BEETROOT BAKED, No. 1

Put the beetroot without washing it into a slack oven, and bake for eight hours. When cold, peel it, and serve as above.

57. BEETROOT BAKED. No. 2

Boil and peel a good-sized beetroot, cut it into thick slices, lay a little piece of butter on each, put them in a dripping-pan, and stew in a sharp oven for half an hour, basting with butter and lemon juice every five minutes or so. Serve very hot.

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58. BEETROOT BOILED

Boil rapidly until tender. New beets will cook in one or two hours; old beets can hardly be cooked enough. When tender, drain and cover with cold water to loosen the skins. The skins should be removed with the hands. Season with salt, pepper, and butter. If the beets be large, cut into slices. Beets left over may be covered with vinegar and kept for several days. Beets baked in a hot oven are particularly good. When cooked, cut these in slices, dress with butter, pepper, and salt.

59. BEETROOT BOILED (COLD)

Do not wash the beetroot, for fear of breaking the skin, which would make it a bad colour. Place it in a large saucepan, completely covered with fast-boiling water, and keep the water boiling for two hours, or longer if the beetroot is very large. When quite cold, skin it thoroughly, cut up in slices, and lay them in vinegar, adding salt and pepper. At table the addition of a little olive oil is an improvement.

60. BEETROOT CREAMED

Take two smallish boiled beetroots, cut them into neat rounds, and place them in a pan with a sauce made thus: one ounce of butter, one beaten yolk, one teaspoonful of milk, half a teaspoonful of lemon juice, pepper and salt to taste. Let the mixture stew quietly for ten minutes, and get well warmed through, but never come near boiling. Serve at once in hot dish.

61. BEETROOT FRIED

Cut up a boiled beetroot in thin slices, also one onion; fry both in beef dripping, add pepper and salt, drain, and serve very hot.

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62. BEETROOT MOULD

Boil a large beetroot, and while hot pass it through the masher; mince a raw onion; add it to the beet with pepper, salt, and one ounce of butter. Place in a buttered basin or mould with a cover over, and bake for one hour.

63. BEETROOT RAGOÛT

Boil a good-sized beetroot; fry an onion, and season with salt, pepper, and a teaspoonful of vinegar; add the beetroot cut into small pieces and one cupful of milk, thicken with flour, and serve very hot.

64. BEETROOT SAVOURY

Fry a large onion in rings; cut up a boiled beetroot in large dice. When the onion begins to colour, add the beetroot, pepper and salt, and three tablespoonfuls of tarragon vinegar. Serve very hot.

65. BEETROOT STEWED, No. 1

Make some thickened stock very hot on the fire; add a small parboiled and skinned beetroot cut in thin slices, a spoonful of vinegar, and some pepper and salt. Let all boil until the beet is tender, but not mashed at all—about one hour. Serve very hot.

66. BEETROOT STEWED, No. 2

Take two medium-sized cooked beetroots; peel and cut them into dice. Put them in a saucepan with just enough hot water to cover them (about one pint), add a little salt and pepper; let them stew slowly for fifteen minutes. Mix one tablespoonful of cornflour smooth in a little cold water, and put this, with one ounce of butter, to the

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beetroot, stirring well until the cornflour thickens. Serve it in a heated vegetable-dish, and sprinkle over it one teaspoonful of chopped parsley.

CABBAGES

NOTE.—Cabbage, Kail, Colewort, or by whatever name it goes, is a vegetable of great antiquity in Europe. Its name is derived from the Latin *Caulis capitatus*, *caulis*, a stem, and *caput*, a head; and hence Cauliflower and all the other English names. Cabbages and all their tribe—Borecole, Broccoli, Brussels Sprouts, Kohl-rabi, Savoys, etc., etc.—are so popular, and so useful, that one can hardly conceive of anything to supply their place. The cabbage itself is a wild native British plant; the others have been artificially developed by long culture, and were gradually introduced into England during the sixteenth and seventeenth centuries. It seems almost comic to think of the cauliflower as a rare and precious luxury, but such it undoubtedly was at first. What is sold, however, by costermongers at 2*d.* each for huge heads, is the hardier and cheaper broccoli, which is available from November to June.

Preparation.—(1) Cabbages, savoys. Remove the solid outside leaves, trim stalk, and cut into two or four sections; place in cold, salted water, and explore for slugs and other unwelcome guests. Place in fast-boiling salted water, with the lid off; skim from time to time, and let boil till tender—fifteen to twenty-five minutes. If a little underdone, or a little overdone, cabbages are spoilt. Remember to use as little water as possible, and don't throw it away, but keep it for vegetable stock. Remember also that steaming, though a longer process, is a far better one than boiling. (2) Broccoli and cauliflowers should be prepared in the same way, but

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instead of cutting them vertically, cut a deep cross on the base of the stump. (3) Brussels sprouts should take about fifteen minutes. Drain any of these vegetables very thoroughly before serving.

67. CABBAGE BAKED

Wash, trim, and boil a large cabbage. When quite tender, drain it thoroughly; let it be rubbed through a sieve and dusted with grated nutmeg. Put it into the hot dish on which it will be served, sprinkle it with small pieces of butter, and place it in the oven till quite heated through.

68. CABBAGE BOILED

Remove the outside leaves, and cut it in quarters; pick it well and wash it clean; boil it in water, with plenty of salt in it; when it is tender, and a fine light green, lay it on a sieve to drain, but do not squeeze it; if you do, it will take off the flavour. Have ready some very rich melted butter, or chop it with cold butter. Greens must be boiled in the same way.

69. CABBAGE WITH CREAM

Take a good cabbage, wash and trim it, place it in fast-boiling salted water, along with an onion stuck with one clove. When the cabbage is cooked quite tender, drain it (having removed the onion, etc.), and pulp it through a sieve. Melt one tablespoonful of butter in a stewpan, and stir in the cabbage; season with salt and pepper, and moisten with cream. When all is thoroughly heated, dish it on buttered toast or fried bread, very hot.

70. CABBAGE FRIED

Boil a large cabbage, then chop it up small; add pepper, salt, a little butter, and a small quantity of

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vinegar; fry it for a few minutes; make some melted butter, dish up the cabbage, pour the melted butter over it, sprinkle some grated cheese over the melted butter, place it in the oven for five minutes, and then serve very hot.

71. CABBAGE PIEDMONT

Boil or steam one pound of cabbage. Drain, press, and let it get cold. Cook, separately from this, eight ounces of mild onions; let them get cold. Butter a baking-dish, sprinkle it with minced parsley. Shred in the cabbage and onions in alternate layers of each, with a seasoning of salt and pepper to each layer, a few little bits of butter here and there, and a thin layer of grated cheese. When the dish is nearly full, moisten the mixture with stock or milk (taking care not to make it too wet) till it is level with the top of dish. Brush the top with a little melted butter, cook in moderate oven for about half an hour, and serve when it is thoroughly hot.

72. CABBAGE (RED) BOILED

Boil a red cabbage just as you would an ordinary cabbage; send it to table with melted butter.

73. CABBAGE (RED) AS PREPARED IN BELGIUM

Shred the cabbage very finely, put into a saucepan with a large piece of dripping for each cabbage, two large onions, two apples cut in slices, a spoonful of stock or water, a spoonful of vinegar, pepper, salt, and Demerara sugar. Cover and well boil at least three hours. When the cabbage is soft, stir with a wooden spoon; mix well; if necessary, add more sugar. Strain and add a piece of butter before serving.

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74. CABBAGE (RED FLEMISH)

Cut one large (or two small) red cabbage in quarters; boil them with an onion cut up, two cloves, salt, pepper, and a bay leaf for an hour and a half. Strain the cabbage, and place in a covered pan in the oven with some butter for five minutes. Serve very hot.

75. CABBAGE (RED) FRICASSÉE

Stew a large red cabbage in some stock until nearly done; there must only be enough stock to keep it from burning. Drain it, cut the cabbage in thick slices, and fry with two onions cut in rings, and either two tomatoes or a tablespoonful of tomato sauce.

76. CABBAGE AND SAUSAGES (FLEMISH)

Boil the cabbage in salted water; when done, dip in cold water, drain, and chop fine. Put into a pan with some good dripping, pepper, salt, and a pinch of nutmeg; moisten with boiled milk. Stew for a quarter of an hour, add a little butter, and serve with fried sausages arranged round the dish.

77. CABBAGE SAVOURY

Take a good, firm savoy; clean, and boil it in salted water for about a quarter of an hour; remove the water and add fresh boiling water. When the cabbage is cooked quite tender, take it out, drain it, and let it get cold. Chop it small, and put it in a buttered pie-dish. Take half a pint of the first water in which the cabbage was boiled, and add one tablespoonful of butter, one tablespoonful of flour mixed into a smooth paste, pepper and salt to taste. Stir all together till thoroughly hot and smooth,

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then add four tablespoonfuls of grated cheese. Mix well, pour over the cabbage, and put it into a sharp oven for at least ten minutes.

78. CABBAGE STEWED

Take one firm savoy cabbage, and stew it in a little milk and a piece of butter until tender. Put it into a warmed vegetable dish, and keep it hot whilst you make a thick sauce as follows: mix one large tablespoonful of flour smooth with a little cold milk; add it to the milk remaining in the pan, season with salt and pepper; let it boil up, and pour it over the cabbage.

79. CABBAGE (RED) STEWED

Wash and trim a good, firm, red cabbage; quarter it, and shred each quarter very finely with a sharp knife. Wash the shreds in fresh water, and dry them as thoroughly as possible; first drain, then shake them in a cloth, then roll them up in another cloth as tight as you can. Melt about four tablespoonfuls of butter in a stewpan, place the shredded cabbage in, and stew it very gently for about one hour. When it is quite soft, add two teaspoonfuls of castor sugar, one teaspoonful of salt, three teaspoonfuls of lemon-juice, one small saltspoonful of allspice. Mix; heat up; and dish.

80. CABBAGE STUFFED, No. 1

Take a good-sized savoy, not too firm, and scald it till the leaves become soft enough to handle easily. Open it right to the heart. Have ready the following mixture: one cupful of boiled rice, salted; one cupful of minced cold meat; one teaspoonful of finely chopped parsley. Continue to place teaspoonfuls of this in the cabbage, beginning with the innermost leaves, and folding them closely over the

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mixture, and so on till the cabbage is full, when it should be bound into shape or tied up in a cloth, placed in boiling water, and stewed quietly for an hour. Untie, drain, and dish it; white sauce may be served with it if liked.

81. CABBAGE STUFFED, No. 2

Trim stale leaves and cut off stalk of a medium cabbage; boil in plenty of water with a teaspoonful of salt for forty-five minutes; remove and place on a sieve to drain for fifteen minutes.

Boil two ounces of raw rice in water for ten minutes; drain, then place in a bowl. Remove skin from six pork sausages, and add meat to rice with half a teaspoonful of salt, three saltspoonfuls of pepper, a saltspoonful of grated nutmeg, a teaspoonful of chopped parsley, and thoroughly mix with wooden spoon. Carefully pull back leaves from stalk without detaching them, then spread a little forcemeat over each leaf; close them up to former position, then wrap cabbage in a cheesecloth, but not too tight. Place it in saucepan with any trimmings of veal, beef, or pork at hand, a sliced carrot, sliced onion, two branches of parsley, and cover with cold water. Season with a teaspoonful of salt and half a teaspoonful of pepper; cover pan and let gently cook for an hour and forty-five minutes. Take up cabbage, drain, unwrap, dress on a hot dish, and send to table with hot tomato sauce (No. 3) separately.

82. CABBAGE STUFFED, No. 3

Cut out the stalk-end of a head of cabbage, leaving a hollow shell. Chop two pounds of uncooked beef with a slice of bacon and onion; add one cup of breadcrumbs, soaked and wrung dry, one beaten

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egg, salt, pepper and mace. Shape into balls, arrange in the cabbage, add strips of sweet pepper, and steam until the cabbage is tender. Serve with tomato sauce. Cooked meat may be used by adding more eggs—whole eggs or the whites—to hold the meat together.

83. CABBAGES STUFFED, No. 4

Take two good-sized cabbages, soak them for twenty minutes in scalding water and salt, then dip them in cold water; take out a portion of the centre, fill them with chopped veal and fat bacon seasoned with salt, pepper and other spices, and made into a stuffing with eight yolks of eggs; then tie up the cabbages to keep in the stuffing. Put at the bottom of a saucepan some slices of bacon, carrots, onions, and sweet herbs; over which place the cabbages, moistening them from time to time with good stock. Let the whole stew over a slow fire for at least an hour and a half, after which drain the cabbages, press them a little, and serve them up, without the herbs, etc., with which they have been cooked, with espagnole, or any other such sauce. Remove the strings before serving.

84. COLD SLAW, No. 1

This is a very popular American dish. Take half an ounce of butter and half a tumblerful of vinegar; warm them in a lined pan, and shred to them a tender cabbage, only using the heart; add a pinch of salt, two pinches of celery seed, and two dessertspoonfuls of flour. Let the slaw simmer for a few minutes, then add a lightly beaten egg and stir it well in. When the mixture has cooked about five minutes longer, take it off. To be eaten cold.

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85. COLD SLAW, No. 2

Take a firm, sound white cabbage, wash it in plenty of water, shred it very finely, and leave it in cold or iced water till quite crisp—say an hour. Remove, drain, and dry thoroughly. Have ready a dressing made as follows: one beaten yolk, one teaspoonful of dry mustard, one tablespoonful of sugar, three tablespoonfuls of olive oil, one saltspoonful each of salt and pepper; mix and cook in a double boiler over boiling water, and add very gradually either the juice of one lemon or two tablespoonfuls of vinegar. Stir thoroughly and let cool. Mix with the shredded cabbage. Butter may be used in place of the oil, or sour cream and butter to the same amount.

86. COUVE TRONCHUDA, OR PORTUGAL CABBAGE

Note.—Otherwise known as seakale cabbage, this is a useful vegetable, which exactly corresponds to its name; for it is a cabbage whose large fleshy mid-ribs are removed, and cooked *à la* seakale; while the heart and outer leaves may be made into a separate dish, *à la* cabbage. These latter should be used first, while absolutely fresh.

Preparation.—See Cabbage and Seakale.

87. KOHL-RABI

Note.—This is sometimes called kale-turnip. It is a kind of cabbage which swells out turnip-shape just above the soil. The leaves, which spring from this globular plant, are not used; but the part itself can be cooked like turnips, according to any recipe suitable for them; or it can be boiled in a very little salted water till quite tender, and served with white sauce, when it will be found excellent.

Preparation.—See Turnip.

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BRUSSELS SPROUTS

NOTE.—These admirable little vegetables are without doubt the best of all the cabbage kind. They represent quality *versus* quantity, and as a winter vegetable are unsurpassed both in flavour and appearance. They are so dainty and so delicious that it is worth while presenting them upon the table with extra care. They should never be served wet or squashy, but individually perfect. The smaller they are, the better; and they should be chosen so far as possible all of one size.

Preparation.—Trim away any jutting stalks or discoloured outer leaves, and be most particular about washing, as slugs and insects can easily hide in these compact little sprouts.

88. BRUSSELS SPROUTS BOILED, No. 1

Prepare as above, place in fast-boiling salted water (or, better still, in a steamer above it), and let them boil fast, *uncovered*. See that they do not float up to the top, and thus get only half-cooked. When they are tender without being broken—say in ten to fifteen minutes—drain very thoroughly and carefully, and serve.

89. BRUSSELS SPROUTS BOILED, No. 2

Carefully remove all stale outer leaves from a quart of fresh Brussels sprouts. Wash in two different changes of water, then plunge into a quart of boiling water, with a teaspoonful of salt, and boil for twenty minutes. Drain on a sieve and place in a small frying-pan with half an ounce of good butter. Season with half a teaspoonful of salt, and two saltspoonfuls of white pepper; gently toss them while cooking for two minutes, and use as required.

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90. BRUSSELS SPROUTS WITH BUTTER

Boil one quart of Brussels sprouts in two quarts of salted water, about fifteen minutes, or until tender. Let drain on a cloth, then toss in a frying-pan with a scant one-fourth cup of butter until the butter is absorbed; sprinkle with one teaspoonful of chopped parsley and a dash of salt; mix and arrange in a mound on a serving-dish. Surround with points of toasted or fried bread.

91. BRUSSELS SPROUTS WITH BROWN BUTTER

Carefully remove all outer stale leaves of a quart of fresh Brussels sprouts, wash in two different changes of water, then plunge into a quart of boiling water with a teaspoonful of salt, and boil for twenty minutes. Drain on a sieve, and place in saucepan with a small piece of butter; season with half a teaspoonful of salt and two saltspoonfuls of pepper; gently toss, then dress on a vegetable dish. Place an ounce of butter in a black frying-pan, shake pan over fire until butter attains a nice brown colour, then pour it over sprouts and serve.

92. BRUSSELS SPROUTS WITH CHESTNUTS

Remove outer leaves, thoroughly wash and drain one pint and a half of fresh Brussels sprouts, plunge in a quart of boiling water, with a teaspoonful of salt, boil for twenty minutes, and drain on a sieve. Shell half a pound of chestnuts, plunge in boiling water for five minutes, drain and peel. Place in a saucepan with enough white broth to just cover, season with three saltspoonfuls each of salt and sugar, cover pan, and let cook for twenty-five minutes. Drain, then place both chestnuts and sprouts in a frying-pan with an ounce of butter, half

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a teaspoonful of salt, and three saltspoonfuls of white pepper; toss well, cook for five minutes, dress on a hot vegetable dish, and serve.

93. BRUSSELS SPROUTS AU GRATIN

Take small sprouts, as equal in size as may be; clean and boil them, drain, and pile on a dish. Make a good white sauce, and add a little salt and pepper, a little cream, and grated cheese. Pour this all over the sprouts, dust a few fine rasped bread-crumbs over the top, and put into a moderate oven for four or five minutes.

94. LYONS BRUSSELS SPROUTS

Cook and well drain one pound of Brussels sprouts. Fry one tablespoonful of minced Spanish onions in one ounce of butter; when this is a golden colour, add in the sprouts; toss them in the pan for three minutes, and serve very hot.

95. BRUSSELS SPROUTS STUFFED

Wash some fine large sprouts and remove the centres. Take one pound of well-seasoned pork sausages, skin them, and cut them up in pieces about an inch long. Put a piece of sausage into each hollow sprout, bind it carefully, and put the sprouts into fast-boiling stock till tender. Remove and drain, and serve at once, thickening the stock as a sauce to serve separately.

CAULIFLOWER AND BROCCOLI

NOTE.—The difference between broccoli and cauliflower is chiefly apparent to the highly cultured palate, and to the working gardener. Most people only know these two vegetables apart by the fact that they get cauliflowers from March to November, broccolis from September till June; *i.e.* cauliflower

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chiefly in summer and broccoli chiefly in winter. The cooking of them is identical; but cauliflower is really the more delicately flavoured of the two. They are very useful and wholesome vegetables.

Preparations.—See note to "Cabbage." Place them upside down in the pan, and be careful to achieve the exact amount of boiling; a cauliflower which tumbles to pieces is only little less objectionable than one which is hard and underdone.

96. CAULIFLOWER BOILED

Trim off the outside leaves, and cut the stalk even with the edible portion, to stand level. Let stand head downward in cold salted water half an hour to draw out insects that may be present. Steam or cook head downward and uncovered, in a large kettle of rapid-boiling, salted water, until tender (about twenty minutes). Remove any scum that is present on the top of the water before lifting the cauliflower from the vessel. The cauliflower may be tied in a cheese cloth before cooking. Serve with cream, white, Béchamel, Hollandaise, or tomato sauce. Cooked flowerets of cauliflower are used to garnish dishes of veal, chicken, and sweetbread.

97. CAULIFLOWER WITH CHEESE, No. 1

Trim and wash a good-sized cauliflower; make sure that it will stand quite evenly. Boil it till tender; then carefully remove and drain it, and stand it upright in a round dish or tureen. Pour over it about a pint, or rather less, of boiling white sauce, into which eight ounces of cheese has been grated. Serve at once.

98. CAULIFLOWER WITH CHEESE, No. 2

Boil a medium-sized cauliflower till tender, but not breaking. Have ready a sauce prepared as

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follows: one breakfastcupful and a half of new milk, three tablespoonfuls of flour, three tablespoonfuls of butter, half a teaspoonful of salt and the same of pepper, half a breakfastcupful of grated cheese. Divide the cauliflower into flowerets, and arrange them neatly in a buttered pie-dish. Pour the sauce over the cauliflower, strew it thickly with fine breadcrumbs, sprinkle a little melted butter over, and place it in a hot oven till the crumbs are brown.

99. CAULIFLOWER CURRIED

Cook a good cauliflower till tender, but not broken. Drain, and remove the flower, placing it on a hot dish. Fry half an apple and a small onion, minced small, in two tablespoonfuls of butter; when they are brown, stir in one teaspoonful of curry-powder and two teaspoonfuls of flour. Let these fry a few minutes, then stir in half a pint of good stock or gravy. Let this boil, then simmer it gently for several minutes; add salt and pepper, and strain the sauce over the cauliflower.

100. CAULIFLOWER À L'ESPAGNOL

Parboil a large cauliflower, drain it, cut in pieces, and fry in dripping with a clove of garlic or an onion well minced; then serve.

101. CAULIFLOWER FRIED

Clean and separate a cauliflower into its flowerets, and trim the stalks to a point. Let cook five minutes in boiling water; drain and let cook again in fresh boiling water until tender, adding a level teaspoonful of salt to the water; drain again, and roll each floweret in sifted breadcrumbs; cover with a beaten egg, diluted with two tablespoonfuls of

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water; drain off the egg, and roll a second time in breadcrumbs, or dip in butter. When ready to serve, fry to a golden brown in deep fat, and drain on soft paper. Serve piled on a folded napkin, with sprigs of parsley between the flowerets, or serve as an entrée with Sauce Tartare or tomato sauce.

102. CAULIFLOWER FRIED WITH CHEESE

Cut off stalk, and remove outer branches from a firm, white cauliflower. Drop it in three quarts of boiling water, with a tablespoonful of salt, and boil thirty-five minutes. Drain, then divide cauliflower in small bouquets. Season with half a teaspoonful of salt and two saltspoonfuls of pepper; lightly roll in flour, dip in beaten egg, and then lightly roll in grated Parmesan cheese; place in a frying basket, and fry in boiling fat eight minutes, or until a nice golden colour. Drain on a cloth, and serve.

103. CAULIFLOWER FRITTERS

Take a good, firm cauliflower, blanch it, and divide it into small pieces; then dip each piece into thick white sauce, and put it in a cold place. When the pieces are quite firm and cold, make a batter as follows: one ounce of melted butter worked into eight ounces of flour, salted slightly; moisten with a little warm water, and lastly beat in one white of egg whisked stiff. Cover each piece of cauliflower with this batter, drop it into a pan of boiling lard, fry a light gold colour, remove, drain, and serve at once.

104. CAULIFLOWER AU GRATIN, No. 1

Take a good-sized cauliflower, clean it, and cook it in a very little boiling salted water till quite tender. Drain it, put it in a hot vegetable dish, and cover the top with white sauce; not much

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sauce will be required. Grate some cheese over this, with a few breadcrumbs, a little salt and pepper, and put the cauliflower into a moderate oven until the cheese is well browned.

105. CAULIFLOWER AU GRATIN, No. 2

Trim off the green leaves, cut away the stalk, and clean a large white cauliflower; place in a large saucepan, with plenty of water to cover it, with a quarter of a pint of milk and a tablespoonful of salt; boil for forty minutes, drain, and separate the branches from the main stalk. Heat a tablespoonful of butter in a frying-pan; add the cauliflower, season with half a teaspoonful each of salt and pepper, then gently fry for ten minutes, frequently turning the pieces meanwhile, being careful not to break them, and arrange on a baking-dish. Mix in a saucepan, one tablespoonful of butter with one tablespoonful and half of flour; heat for half a minute; add one gill and half of hot milk, two saltspoonfuls of salt, half a saltspoonful each of cayenne pepper and grated nutmeg, a tablespoonful of grated cheese, and mix until boiling; then pour over the cauliflower. Sprinkle a half-teaspoonful of grated cheese over; set in the oven for fifteen minutes; remove and serve.

106. CAULIFLOWER AU GRATIN IN CHEESE SHELL

Break a cooked cauliflower into flowerets; put a layer in a shell of Edam [Dutch] cheese, and cover with cream sauce; place alternate layers of cauliflower and sauce until the shell is filled, having the last layer of sauce; sprinkle with buttered cracker-crumbs, and set the shell in the oven to brown the crumbs. Serve a scraping of cheese with each portion of cauliflower. Celery, Brussels sprouts,

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cabbage, or macaroni can be also served from a cheese shell. Either white or tomato sauce may be used.

107. CAULIFLOWER (HOLLANDAISE)

Cut off the stalk and outer branches of a fresh, good-sized, white cauliflower. Neatly trim all round. Have half a gallon of water with a gill of milk and a tablespoonful of salt in a large saucepan, and when boiling add the cauliflower. Cover the pan and boil for forty minutes, briskly. Remove, drain, dress on a dish with a folded napkin, and serve with Hollandaise sauce separately.

108. CAULIFLOWER A LA HUNTINGTON

Steam the cauliflower prepared as above in a tightly closed kettle until tender; separate into flowerets, and pour over these the following sauce: mix one teaspoonful and a half of mustard, one teaspoonful and a quarter of salt, one teaspoonful of powdered sugar, and quarter of a teaspoonful of cayenne or paprika; add the slightly beaten yolks of four eggs and a quarter of a cup of olive oil. When thoroughly mixed, add half a cup of weak vinegar, in which half a teaspoonful of finely chopped shallot has infused for five minutes. Cook over hot pot until slightly thickened; remove from the fire; add half a teaspoonful of curry-powder, two tablespoonfuls of melted butter, and one teaspoonful of finely chopped parsley.

109. CAULIFLOWER WITH MUSHROOM (VEGETABLE ENTRÉE)

Steam the cauliflower, prepared in the usual manner, until tender; separate into flowerets, and dispose each on a round of buttered toast; chop six

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mushroom caps, and sauté them five minutes in three tablespoonfuls of butter; add three tablespoonfuls of flour, and, when blended with the butter, add gradually one cup and a half of white stock; stir until the boiling-point is reached. After all the broth has been added, let simmer ten minutes; then remove from the fire, and stir in the yolks of three eggs, beaten and diluted with the juice of a lemon; season with salt and pepper, and, if the heat of the sauce does not suffice to cook the egg, return to the fire over hot water for five minutes, stirring constantly meanwhile. Pour this over the flowerets of cauliflower on the toast, sprinkle with buttered crumbs, and brown quickly in a very hot oven.

110. CAULIFLOWER POLONAISE

Trim off the outer leaves and stalk of a good-sized, white cauliflower. Place in a saucepan with two quarts of boiling water and a gill of hot milk; season with a tablespoonful of salt. Cover the pan and boil for forty minutes. Remove, drain on a sieve, and dress on a hot dish. Heat one tablespoonful and a half of melted butter in a frying-pan, add three tablespoonfuls of fresh breadcrumbs, then gently toss until a good golden colour. Pour over the cauliflower, and serve.

111. CAULIFLOWER, SAUCE MOUSSELINE

Trim off the outer leaves, cut off the stalk, clean and wash well a fine large white head of cauliflower. Have a gallon of water in a pan with one tablespoonful of salt and half a pint of milk. When it boils, add the cauliflower, cover the pan, and boil for forty minutes. Drain, dress on a hot dish, and serve with sauce mousseline (No. 673) separately.

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112. CAULIFLOWER SAUTÉS

Remove the outer leaves of a good-sized, firm, white cauliflower. Drop into a saucepan containing half a gallon of boiling water with a tablespoonful of salt, and boil for thirty-five minutes. Remove; drain on a sieve; then carefully detach all the branches with the flowers from the main stalk.

Heat in a small frying-pan two tablespoonfuls of melted butter, and add the cauliflower. Season with a teaspoonful of salt and half a teaspoonful of white pepper; toss well once in a while, while cooking on the fire for five minutes. Dress on a hot dish, and serve.

GREENS

NOTE.—Under this heading come a variety of odds and ends in the cabbage line, such as broccoli-sprouts, curled kale, "Scotch Kale," turnip-tops, and other young green tops and shoots obtainable in different localities. They all can be cooked either like asparagus, tied in neat bundles, or like spinach. They require careful preliminary picking, trimming, and washing. Boil them in as little water as possible, with the pan-lid off, and drain them as dry as you can. It is, of course, better to steam than to boil them; this will take a little longer than the boiling time, which should be (according to the vegetable in question) about seventeen to twenty minutes. Serve with a separate sauce.

113. BROCCOLI SPROUTS BOILED

Tie the stems into bundles like asparagus, having first washed and trimmed them. Have ready a pan of boiling water, into which has been put two tablespoonfuls of salt and a tiny pinch of bicarbonate

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of soda. Let the broccoli sprouts boil fast until quite tender; drain and dish them on buttered toast.

CAPSICUMS

NOTE.—These are little used in the British Isles, but largely produced and eaten in continental countries and the United States. As a rule, the small ones only, suitable for salads and pickles, are obtainable here; but the very large ones, which can be stuffed before cooking, are much the best for culinary purposes. With greengrocers, chillies and capsicums are interchangeable terms. They all yield pepper, and belong to that strange order of the Solanaceæ, which supplies us with so many commodities, from belladonna to potatoes.

Preparation.—Practically as for egg-plant.

114. CAPSICUMS BAKED, No. 1

Take two or three green capsicums, cut them in two lengthways, scoop out the inside, and place them in boiling water for five minutes. Remove, drain, and stuff each half with finely minced white meat—pork, fowl, or veal—mixed with the same amount of fine crumbs, and add a little salt, lemon-juice, and butter. Place the capsicums in a baking-dish, let them stand in just enough stock to keep them from sticking—say half an inch—and bake.

115. CAPSICUMS BAKED, No. 2

Take large capsicums, cut off the end of each, and scoop out the seeds, etc. Place them in a covered pan of boiling water for about fifteen minutes, then remove and drain, and stuff with a forcemeat made thus: equal quantities of fine crumbs and finely minced white meat, seasoning of salt and pepper, about one tablespoonful (or more, according to

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requirements) of butter, softened enough to mix. Place the capsicums in an earthen baking-dish, dredge them with crumbs, sprinkle some butter over, and bake for fifteen to twenty minutes.

A third method is to fry the capsicums whole for one minute in boiling oil or fat, then cut off the ends, remove the seeds, etc., and stuff as above, or with the addition of nutmeg and thyme in small quantities.

CARDOONS

NOTE.—These are but little cultivated over here, but on the Continent six or seven varieties are in vogue. Cardoons are so unlike any other vegetable, that it is well worth while to try them. They are of the same family (*Cynara*) as the globe artichoke; but, whereas with the latter it is the flower-heads which are eaten, the cardoon is blanched like celery, and the fleshy leaf-stalk (as in celery) is the edible part; there the resemblance stops, because cardoons and celery do not taste alike.

Preparation.—Cardoons should be cut into lengths of four or five inches (removing any prickly parts), thrown into boiling water with a squeeze of lemon-juice, and kept boiling until their outer skin (which is woolly) will rub off; then drain and plunge them in cold water. Leave them there till cool, when you can scrape them and remove the "strings." After this, you proceed to their real cooking.

116. CARDOONS STEWED

Having prepared as above, lay the cardoons in a stewpan (earthen for choice), with a rasher of raw fat bacon over them, and another below. Season with salt and pepper, add a small bunch of herbs, and just cover the cardoons with white stock or

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milk. Let this liquid come slowly to boiling-point, and then simmer gently till the cardoons are quite tender; probably two hours at least. Lift them out and drain them, place them in a hot dish, thicken the liquor with a little lemon-juice and egg yolk, and pour it over them.

They can also be stewed in *blanc* (which see) or in brown gravy, or served along with marrow.

CARROTS

NOTE.—Although the wild carrot is a native British plant, the garden one was not used in England until the sixteenth century, when the Flemings introduced it. It rapidly grew in popular favour, and is now practically indispensable in every garden. While not suitable for gouty or rheumatic persons, it is a wholesome and palatable vegetable if properly cooked. Undoubtedly it is at its best when very young; the dainty little carrot newly out of the soil is indeed "a good root," as Mistress Quickly termed it, and by no means beneath the notice of an epicure.

Preparation.—Scrape the carrots carefully, but do not cut them; in the case of very young ones it is really better not to scrape them, as the mere film of skin can be so easily wiped off with a soft cloth when they are cooked. Place them in boiling salted water, and boil until tender, which will be in thirty to sixty minutes, according to age and size. Serve in a heated dish, with a little butter, pepper, and salt (and some people add chopped parsley). Older carrots may be chopped into very small dice, or made into a purée.

117. CARROTS BOURGEOISE

Carefully scrape and pare twelve small, sound carrots; then cut into halves, lengthwise. Wash

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well, then place in a saucepan with four whole peppers, one teaspoonful of fine sugar, half an ounce of butter, one pint and a half of hot broth or hot water. Cover the pan and cook on a very brisk fire for fifteen minutes, or till the carrots are thoroughly soft.

Place in a small saucepan three-quarters of an ounce of butter, with one tablespoonful of flour; stir and heat well; then strain the liquor of the carrots into this roux, adding a gill of hot milk; mix well, and as soon as it comes to a boil transfer the carrots only into this pan, adding one teaspoonful of chopped parsley. Carefully mix without crushing the carrots; boil for five minutes longer. Pour into a hot deep dish, and serve.

118. CARROTS COLBERT

Scrape and thoroughly wash twenty-four even-sized new carrots; drain, place in a small saucepan with two gills of water, one ounce of butter, half a teaspoonful of salt, one saltspoonful of sugar, and two saltspoonfuls of white pepper. Gently roll them in the seasoning. Cover the pan, place it on the fire for five minutes, then set in the oven for fifty minutes. Remove (the juice must be nearly evaporated); add half a gill of hot demi-glace (No. 704), the juice of half a lemon, and half a teaspoonful of freshly chopped parsley; carefully mix without breaking, dress them with a skimmer on a vegetable dish, pour the sauce over, and serve.

119. CARROT CROQUETTES

Take four large carrots, boil till tender, drain, and pulp them through a wire sieve; season with salt and pepper to taste, and a teaspoonful of finely minced parsley. Have ready a breakfastcupful of made white sauce, very thick; blend it thoroughly

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into the carrots, and leave the mixture to grow cold, when it can be shaped into croquettes, breadcrumbed, and fried.

120. CARROTS FRIED

Boil some carrots till quite tender; slice them in halves, the long way, and put them into a stewpan in which at least two tablespoonfuls of butter have been heated to boiling-point. Strew over the carrots salt and pepper to taste, and one teaspoonful each of castor sugar and finely minced parsley. Let them fry until they show brown and crisp outside.

121. CARROTS (FLEMISH METHOD)

Take some young carrots; parboil and drain them; put them in a stewpan with a little butter, and not less than a teaspoonful of sugar. Just cover them with hot water, and stir in salt and pepper to taste, with a teaspoonful of finely minced parsley. Put them to simmer slowly for a quarter of an hour, and occasionally give them a shake-up. When they are tender, beat up an egg, and thicken the liquid of the stew with it. Serve very hot.

122. CARROTS MAÎTRE D'HÔTEL

Trim off stems, neatly scrape and thoroughly wash twenty-four medium, new carrots. Cut in halves lengthwise. Place in a small saucepan with two branches of parsley, one medium white onion with one clove stuck in, half a teaspoonful of salt, half a teaspoonful of sugar, two saltspoonfuls of white pepper, half an ounce of butter, and half a pint of water. Cover pan, let boil for five minutes, then set in oven thirty-five minutes. Remove; take up the parsley and onion; then let reduce on range until nearly dry. Squeeze in juice of half a lemon;

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add one ounce of butter and half a teaspoonful of freshly chopped parsley; toss well. Dress on a vegetable dish, and serve.

123. CARROTS MASHED

Take some medium-size carrots; scrape them; slice them downwards, and boil till tender, using two waters. Drain and press them through a colander into a hot bowl; mash with a good-sized piece of butter, and salt and pepper to taste; return to saucepan a minute to heat through.

124. CARROTS STEWED

Take at least one pound of carrots; scrape them well; cut them in thick slices. Put them in a saucepan, with just enough water to cover them; stew till entirely tender. By this time most of the water will have evaporated. Dredge flour and pepper on the carrots, and a little butter should be added. Toss them gently until they are quite coated with this thickening, and serve very hot.

125. CARROTS (VICHY)

Neatly trim and wash in cold water twelve small, sound carrots; cut them into slices a quarter of an inch thick; place in a saucepan with half an ounce of butter and half a pint of white broth; season with half a teaspoonful of salt, a teaspoonful of sugar, and two saltspoonfuls of pepper; add two branches of parsley and one branch of chervil; lightly mix, cover the pan, boil for ten minutes; then set in the oven for thirty minutes. Remove, take out the parsley and chervil, pour the carrots into a vegetable dish, and serve.

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CELERY

NOTE.—Celery, like asparagus and seakale, is a wild maritime plant native to Britain; it may, however, be found inland. It is probably as old a garden plant as any in cultivation, and is not only singularly appetising (its strong aromatic odour being as attractive as its flavour), but it is of excellent food-value, and to be recommended to those gouty and rheumatic folks from whom so many other vegetables are debarred. Whether used raw, in salads (*see* Chap. VIII.), as a flavouring to soups, stews, and boiled meats, or as a separate cooked vegetable, celery is equally valuable; and there is nothing in the market exactly like it, except celeriac (which see), but this latter, being a root and not a stalk, is probably less wholesome.

Preparation.—Remove the outside leaves and any disfigured or browned outer stalks, and cut away the green parts; but on no account throw these away. Trim the remaining stalks, wash and cut them up in six-inch lengths, tie in neat bundles, as for asparagus, place in boiling, salted water, and cook until the celery is tender when tested by a fork. Serve in any way suggested for seakale.

126. CELERY BRAISED, No. 1

Place a small mirepoix (see No. 751) in a roasting-pan, with one ounce of melted butter. Let the mirepoix get a nice light brown, then lay six stalks of fine, well-cleaned white celery over the vegetables; season with a teaspoonful of salt and half a teaspoonful of white pepper; pour in hot water or broth to nearly cover the celery. Briskly boil for five minutes on the range. Cover the celery with a sheet of buttered paper. Set the pan in the oven for forty

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minutes. Remove, set the celery on a hot dish, and serve.

127. CELERY BRAISED, No. 2

Remove the outer stalks and leaves from a good head of celery; wash it well, cut into even lengths, and tie firmly in a bundle. Have one carrot, one turnip, and one onion cleaned and cut up small. Have two rashers of bacon, cut into four pieces. Lay all these with the celery in a stewpan, with a bunch of pot-herbs and seasoning of salt and pepper. Cover the vegetable with stock—white for preference. Let this just boil up, and then simmer gently till the celery is tender—about thirty minutes. Remove the celery, and dish it on toast, with a Hollandaise sauce poured over it, on the top of which crumbs and grated cheese can be sprinkled and browned in the oven; or simply strain and thicken the stock, browning it if it be brown stock, and serve it over the celery and toast.

128. CELERY BRAISED, No. 3

Trim away the outside leaves of three heads of celery, cut the roots to a point, and trim off the tops of the stalks, leaving the heads six inches in length; wash and blanch ten minutes in boiling water, drain, cover with cold water, and wash carefully. Tie the heads in a bundle, and put in a stewpan with a pint and a half of boiling stock or water, or half of each; add a quarter of a cup of fat from the top of the stock, half a carrot, half an onion, one teaspoonful of salt, and a few grains of cayenne; cover and let simmer an hour or until tender. Drain out the celery, strain the liquid, and remove the fat; use the liquid in making about a cup of brown sauce. Pour this over the celery. Garnish with cutlet-shaped pieces of bread fried in butter.

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129. CREAMED CELERY IN CHEESE SHELL

Cut the cleaned celery stalks in pieces an inch long, and let cook in boiling water to cover until tender. For three breakfastcups of pieces make a pint of white sauce, using the water in which the celery was cooked, with cream as the liquid. Turn all into the shell of a Dutch cheese, cover the top with half a cup of fine crumbs, mixed with two tablespoonfuls of melted butter, and let brown in the oven. Serve a light scraping of cheese with each helping of celery. For a more elaborate service, add parboiled oysters with the celery, and use the oyster liquor in making the sauce as a part of the liquid.

130. CELERY AND CHEESE AU GRATIN

One pint of cooked celery, one pint of white sauce, three-quarters of a cup of grated cheese, three-quarters of a cup of fine bread-crumbs, one-third of a cup of melted butter.

Have the celery cut in half-inch pieces before cooking. Use the water in which it was cooked, with white stock and cream, in making the sauce. Put alternate layers of celery and sauce in a buttered pie-dish, and sprinkle each layer with cheese. Cover the top with the crumbs mixed with the melted butter and any cheese remaining. Set in the oven to brown the crumbs. Garnish with curled celery, celery leaves, and quarters of hard-boiled eggs.

131. CELERY WITH SCRAMBLED EGGS

Cut four branches of the perfect white of celery into very small dice; wash and drain well, then place in a saucepan with a pint of cold water and two saltspoonfuls of salt, and let boil for twenty

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minutes. Remove and drain well. Break eight fresh eggs in a bowl, season with half a teaspoonful of salt, two saltspoonfuls of white pepper; pour in half a gill of fresh milk. Sharply beat up the whole together for half a minute. Heat a tablespoonful of butter in a saucepan, drop in the eggs and celery, thoroughly mix with a wooden spoon while cooking for six minutes. Dress on a hot, deep dish, and serve.

132. CÉLERI À L'ESPAGNOL

Boil some pieces of celery, about two inches long, in some good stock; add salt, pepper, and a little lemon-juice. Thicken the stock with flour, and serve.

133. CELERY FRIED

Take some cold celery which has been plain boiled; cut it into small pieces, and fry them in dripping until lightly browned.

134. CELERY FRITTERS

This is a method of using the green parts of celery—young leaves and green stalks—which are generally discarded as uneatable. Wash them and mince them very finely; about a breakfastcupful of chopped celery will be enough. Make a thick batter with one egg, one pint of flour, one teaspoonful of baking-powder, salt and pepper to taste, and enough milk to moisten the mixture; add in the celery, and put large tablespoonfuls of the batter into boiling fat. Fry a golden brown, drain, and serve.

135. CELERY GÉNÉVOISE

Remove stale branches and leaves from three roots of fine, fresh, crisp celery; detach branches,

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thoroughly wash and wipe, then cut into inch pieces. Place them in a saucepan with a two-ounce piece of salt pork, an onion with two cloves stuck in it, pint of broth, gill of water, teaspoonful of salt, and three saltspoonfuls of pepper; boil for forty-five minutes, then take up pork and onions. Mix in a saucepan an ounce of butter and one ounce and a half of flour; strain to this the celery broth, and sharply mix until it comes to a boil; add celery, with a saltspoonful each of cayenne and grated nutmeg; mix well, and let boil for ten minutes. Transfer celery, etc., to baking-dish; sprinkle a little Swiss cheese over, and set in oven for ten minutes; remove and serve.

136. CELERY IN GLASS

Pare off the green stalks of one fine, large bunch of white, tender, crisp celery; neatly trim the roots, being careful to save the clear, white hearts. Cut each stalk lengthwise into four equal branches. Wash them well in cold water, and plunge in clean water with a piece of ice until ready to serve; then arrange them in a celery glass and serve.

137. CELERY AU GRATIN

Cut a large head of celery and boil it in half milk and half water till it is tender; drain and put it into a buttered dish in layers. Make white sauce with the liquor thickened with cornflour, and pour over. Put grated cheese and breadcrumbs on the top. Bake till it is brown.

138. CELERY WITH POTATOES

Take some cold, cooked potatoes, and pass them through a coarse sieve, until you have three cupfuls. Take some cooked celery, mince it finely, and mix it well with the potatoes; add salt and pepper to

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taste, and sufficient cream or milk to moisten it thoroughly. Put it in a shallow stewpan, and bring it to boiling-point, but stir it and toss it frequently to prevent it burning and ensure its getting properly heated.

139. CELERY SOUFFLE

Thoroughly wash and strain two stalks of fresh, crisp celery; remove green leaves and finely slice stalks. Place in saucepan with sliced white part of a leek, a small branch of parsley, a branch of chervil, blade of mace and bay leaf. Pour in enough white broth to cover celery, season with level teaspoonful of salt; cover pan, and let gently boil for thirty minutes. Remove, take out the bay and mace, then press celery through sieve into a bowl.

Mix in a saucepan two tablespoonfuls of melted butter, three tablespoonfuls of flour, and pour in one gill and a half of milk; add the purée of celery, with an ounce of grated Parmesan cheese and a saltspoonful of cayenne pepper, then briskly stir with a wooden spoon until thoroughly boiling; add two egg yolks, sharply stir for three minutes longer, and remove from range. Beat up whites of the two eggs to a stiff froth, add to celery, and mix well. Fill up six round paper cases, place them on a tin, and set in oven for twenty minutes; remove, dress on a hot dish, and send to table immediately.

140. CELERY STEWED, No. 1

Having washed and stripped the stems, cut up the celery into four-inch pieces, and place in a stewpan, just covered with stock (white for choice). Stir in a little flour, a little butter, two tablespoonfuls of cream, and salt, pepper, and nutmeg to taste. Let it simmer gently until quite tender.

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141. CELERY STEWED, No. 2

Cut away the outer leaves of two sticks of celery, and lay them in a saucepan with equal parts of boiling water and milk to cover them. Boil for about two hours, or until tender. Dish up the celery. Make some melted butter with some of the liquor from the celery, pour over, and serve very hot. Skimmed milk alone is better to boil the celery in than milk and water.

142. CELERY STEWED, No. 3

Having trimmed the celery, leaving only the tender leaves, and washed it, put it into a saucepan with boiling water to blanch, and when it has become sufficiently tender to yield to the pressure of the finger, take it out, and throw it into cold water; then mash it up with a knife in the same way as chicory or endive. Put it into a saucepan with a bit of butter, a little salt, three or four whole peppercorns, and a small quantity of nutmeg. Pour upon it about half a pint of mixed stock and velouté sauce; or, for want of these, water mixed with some good gravy, and let reduce until it has become thick. It is then to be served in a dish garnished with slices of bread fried in butter.

143. CELERY EN SURPRISE

Pare off the green branches of two stalks of fine, fresh, white celery. Separate all the branches, nicely trim the tender parts as well as the roots, and place them in a basin with plenty of cold water and wash thoroughly. Remove the branches from the basin, lay them on a towel, and then with the forefinger gently spread a very little green butter on the inside of each branch. Dress on a celery dish. (Always keep the discarded celery for soups or for other useful purposes.)

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CELERIAC

NOTE.—This very good vegetable is also known as turnip-rooted celery; the root, not the stalk, is eaten, and a tasty dish it makes. As it stands hard weather much better than celery, and needs no blanching, and will keep well for six months, I cannot think why, as a nation, we do not employ it more. But we are nothing if not groovy.

Preparation.—Celeriac roots can be peeled, quartered, and blanched before boiling; cooked and sliced in vinegar like beetroot; sliced raw and fried in butter; boiled and served with sauce; made into a purée, etc., etc., etc.

144. CELERIAC BOILED

Prepare as above, and place in fast-boiling, salted water, with a squeeze of lemon (to preserve the colour). Boil fast till tender; drain, and serve with good white sauce.

145. CELERIAC STEWED

Prepare as above; place in boiling stock, and parboil; then remove, drain, and put into a stewpan, covered with a rich brown sauce. Let simmer gently till tender.

CHERVIL

NOTE.—There are two chervils—one a fine-leaved salad herb, and one a bulbous-rooted vegetable, rather like a small parsnip in shape and colour, but of a quite distinct taste and a more floury texture. It is seldom grown, but is advisable as a change. Our Anglo-Saxon forefathers used it extensively, as do the Continental nations now.

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Preparation.—The roots should be washed and cleaned, but not cut or scraped. They take long cooking, and should simmer, but not boil.

146. CHERVIL BOILED

Prepare as above. Put the roots into a stewpan, with a little salt. Pour over them sufficient boiling weak stock, or boiling water, just to cover them; let them cook gently for at least one hour and a half.

147. CHERVIL FRIED

Proceed as above, but when the roots are par-boiled, say in about an hour, remove, drain, and wipe them dry; cut them into lengthwise strips, and fry them a golden brown in boiling butter.

CHICORY OR ENDIVE

NOTE.—Either as a cooked or as a salad vegetable, chicory is most desirable and wholesome, deserving far more notice than it gets. Both the green leaves and blanched stems are edible; the first are cooked somewhat like spinach, the second like seakale. The varieties most in commercial use are *Witloof*, or Brussels chicory, and *Barbe de Capucin*—wild endive or succory. This last, boasting one of the loveliest blue flowers imaginable, may be met with in limestone districts—it is common, for instance, in Dorsetshire.

Preparation.—The young green leaves should be placed for five minutes in boiling, salted water, drained, plunged into cold water, and drained again, as a preliminary to the actual cooking. Use plenty of water (salted), as chicory is apt to harbour insects. The blanched stems are treated like seakale (which see).

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148. CHICORY (BOILED LEAVES)

Prepare as above. Chop up the drained leaves, and have ready in a saucepan a heated mixture as follows: to each pound of fresh leaves allow half an ounce of butter, quarter of an ounce of flour, and seasoning of salt and pepper; mix well, and stir over a slow fire; after about five minutes, add one teacupful of white stock or milk, and let all simmer till nearly dry. Remove from fire, stir in one ounce of butter, and serve with hot buttered toast.

149. CHICORY (BAKED STALKS)

Prepare some heads of chicory, by trimming and washing them, and boil them in salted water with a squeeze of lemon-juice. Drain them as dry as possible. Put enough white sauce to cover the bottom of a buttered pie-dish, and place the chicory in it. If there is not enough sauce to cover it, add a little white stock. Dust thickly with grated cheese, and bake in a good oven.

150. ENDIVE STEWED

Take four or five heads of endive, break them in pieces, mash and drain them. Cook them in boiling, salted water over a sharp fire; when they are tender, pass them through a colander, press dry, and mince finely. Have ready in a saucepan an ounce of butter, seasoned with salt, pepper, and nutmeg; turn the endives into this, and let them simmer twenty minutes, stirring occasionally. Stir in a little cream, and serve on toast or with fried croûtons.

CUCUMBERS

NOTE.—These, like most other edible members of the great order *Cucurbitaceæ*, such as the gourd, melon, vegetable marrow, etc., are widely

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diffused in locality, and of almost immeasurable antiquity, regarded as cultivated garden vegetables, or fruits, to be quite accurate. Candidly, I can't imagine *why* they have always been so popular, because their sustaining and nourishing qualities are by no means of the highest. I think the rapidity of their growth, and the disproportionately large size of their fruitage as compared to the plant itself, must have commended the Cucumbers and Co. to our remote ancestors in all parts of the world. Gourds and melons are mentioned in the earlier books of the Bible; the prophet Isaiah speaks of a garden of cucumbers; but there is no evidence that the more valuable food-vegetables were held in similar esteem, most of these latter, indeed, being principally grown in temperate or cool countries. However, here we have the cucumber still with us, and although to many people it is synonymous with a violent indigestion, let these sufferers try it cooked and hot instead of cold in vinegar, and they may yet respect and affect this slim and elegant growth. Gherkins are very small young cucumbers pickled.

Preparation.—Never let the flesh of the cucumber come into contact with your fingers whilst you peel it, otherwise it becomes bitter and acrid. I believe that cucumbers would be excellent plain boiled with the peel on (to be subsequently removed when they were cooked), or done after any method suitable to vegetable marrows; but this is a theory only. Of course, the fresher a cucumber is, the better; you can test this by its being firm and stiff instead of feeble and flabby.

151. CUCUMBERS BÉCHAMEL

Peel three good-sized fresh cucumbers; cut them into quarters, lengthwise, remove the seeds,

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then cut them into half-inch pieces. Mix in a small saucepan one tablespoonful of butter with one tablespoonful and a half of flour; pour in a gill of milk and half a gill of cream; mix until it comes to a boil and keep hot on a corner of the range.

Heat a tablespoonful of butter in a frying-pan, add the cucumbers, and season with a teaspoonful of salt and half a teaspoonful of pepper; gently toss and briskly cook for ten minutes; drain on a sieve; add to the sauce with a saltspoonful of grated nutmeg; mix a little, boil for five minutes more, pour into a hot dish, and serve.

152. CUCUMBERS (BOMBAY)

Peel four fresh, ripe, medium cucumbers, cut in four lengthwise strips; remove all spongy parts, and wipe them nicely. Heat one tablespoonful and a half of melted butter in a frying-pan, add a finely sliced onion, fry for ten minutes, occasionally stirring meanwhile, and lay the cucumbers over. Season with a light teaspoonful of salt and a half-teaspoonful of curry-powder; pour in one gill and a half of cider, boil for five minutes, then set in oven for thirty-five minutes, being careful to baste the cucumbers once in a while. Remove, dress on a hot dish, pour entire contents of pan over it, sprinkle a little chopped parsley over all, and serve.

153. CUCUMBERS ESPAGNOLE

Neatly peel and cut into even quarters, lengthwise, three medium-sized cucumbers; carefully suppress all the seeds, then cut into half-inch pieces; plunge into a pint of boiling water with half a teaspoonful of salt, and boil for eight minutes. Drain on a sieve. Heat in a small frying-pan a teaspoonful of oil, adding half a finely minced white onion;

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gently toss while cooking for two minutes; add half a clove of finely chopped garlic and two peeled, crushed red tomatoes; mix well and let cook for five minutes; pour in half a gill of tomato sauce (No. 684); add the cucumbers. Season with half a teaspoonful of salt, a saltspoonful of cayenne pepper, and half a teaspoonful of sugar; lightly mix the whole together, and slowly cook for ten minutes, occasionally mixing meanwhile. Remove, pour into a deep dish, sprinkle half a teaspoonful of freshly chopped parsley over, and serve.

154. CUCUMBERS FRIED

Peel two large fresh cucumbers, then cut them crosswise in one-inch pieces, and cut each piece in quarters. Remove the spongy part and seeds, place in one quart of cold water with a teaspoonful of salt, and let soak for thirty minutes. Drain and place in small saucepan with half an ounce of butter, two gills of water, a teaspoonful of powdered sugar, two saltspoonfuls of salt, a tablespoonful of vinegar, half a saltspoonful of cayenne, and one white onion cut in quarters. Cover the pan and let cook for fifteen minutes. Drain, roll in a frying batter, then drop in boiling fat and fry for ten minutes; remove, drain on a cloth, dredge a teaspoonful of salt over them, dress on a cloth with folded napkin, and serve with one gill of hot tomato sauce (No. 684) separately.

155. CUCUMBERS FRIED (EIGHTEENTH CENTURY)

You must brown some butter in a pan, and pare and slice (but not too thin) six middling cucumbers. Drain them from the water, then put them into the pan. When they are fried brown, put to them a little pepper and salt, a lump of butter, a spoonful of vinegar, a little shred onion, and a little gravy

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(not to make it too thin), and shake them well together with a little flour. You may lay these round your mutton as a sauce, or they are proper for a side-dish.

156. CUCUMBER RAGOÛT

Cut two large cucumbers into nice-sized pieces; peel them, and fry in boiling fat with an onion cut in rings. When all are browned, add a quarter of a pint of stock, pepper, and salt; thicken with flour, and serve very hot.

157. CUCUMBERS, ROMAINE

Peel two good-sized sound cucumbers, cut in halves, remove spongy parts, finely slice, place in a quart of cold water with a teaspoonful of salt for thirty minutes, and drain thoroughly on a sieve. Lightly butter a baking-dish, sprinkle in it a tablespoonful of grated Parmesan or Swiss cheese, and arrange a layer of half the quantity of cucumbers over; season with three saltspoonfuls each of salt and pepper, a saltspoonful of grated nutmeg, and dredge a tablespoonful of Parmesan cheese over all. Divide half an ounce of butter in very little bits on top, and place remaining cucumbers in layers on top; season with two saltspoonfuls of salt and one saltspoonful of pepper. Sprinkle a light tablespoonful of Parmesan cheese, arrange again a few bits of butter on top of all, pour one gill and a half of tomato sauce all around, set to bake in oven for forty-five minutes; remove and serve.

158. CUCUMBERS SAUTÉS IN CREAM

Peel three medium cucumbers, cut in two lengthwise, remove seeds, with spongy parts, and finely slice. Heat a tablespoonful of melted butter in frying-pan; add cucumbers, and briskly fry them for

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five minutes, tossing meanwhile. Mix well in a small saucepan a tablespoonful each of butter and flour; pour in three-quarters of a gill of milk and a gill of cream. Sharply stir until it comes to a boil, add cucumbers, a level teaspoonful of salt, saltspoonful each of cayenne and grated nutmeg; thoroughly mix with a wooden spoon; cook for five minutes; dress cucumbers on a hot vegetable dish, and serve.

159. CUCUMBERS SAUTÉS (LYONNAISE)

Heat in a frying-pan one tablespoonful and a half of melted butter; add a medium, sliced white onion; stir well while browning for two minutes, then add two large peeled and sliced fresh cucumbers. Season with half a teaspoonful of salt and two saltspoonfuls of white pepper; toss gently and briskly; cook for five minutes, frequently tossing meanwhile; then pour in a tablespoonful of vinegar, adding a teaspoonful of freshly chopped parsley; toss them well again while cooking for half a minute. Dress on a hot dish, and serve.

160. CUCUMBERS STEWED

Take three medium-sized cucumbers; remove the skin and seeds, slice them about quarter of an inch thick. Cut a large onion in slices, and place it in a stewpan with the cucumber, and enough stock just to cover all—probably half a pint will suffice. Boil till tender; then remove the vegetables, and thicken the liquor with two beaten yolks; add salt, pepper, and nutmeg to taste, and beat up the mixture, but don't let it boil; then, having placed the vegetables in a hot dish, pour the sauce over them.

161. CUCUMBERS STUFFED

Take three large cucumbers, pare them, and remove the seeds with a scoop. Put them into fast-

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boiling water for three minutes, then drain and put them into cold water. Take the breast of a chicken, or four ounces of veal, and pound or mince it into a paste; add the same weight of bread steeped in milk, two beaten yolks, and an eggspoonful of butter; also salt, pepper, and nutmeg to taste. If this mixture is too stiff, moisten it with a few drops of milk. Stuff the cucumbers with it, and place them in a shallow stewpan in which a rasher of bacon has been fried. Place around them a few herbs, such as a sprig of thyme, three or four sprigs of parsley, and a bay leaf, with a couple of cloves, and add enough white stock to stew the cucumbers in. Keep the lid on, but baste them frequently. They should be done in twenty-five to thirty minutes. Dish at once, with a rich brown sauce served separately.

DANDELION

NOTE.—It is almost comic to think of consuming this constellation of our roadsides, this enemy of our lawns; but the medicinal properties of dandelion, as a purifier of the blood, are too noteworthy to be neglected, and whether as a salad or a culinary green-stuff, it should be sincerely recommended. The young green leaves can be used raw; when a little older, they can be cooked; the roots are pleasantly bitter, and not unlike salsify when prepared in a similar way.

Gather dandelion early in the morning; and do not spare water in washing and blanching it.

Preparation.—The leaves must be well picked, washed in two or three waters, and well drained before you start cooking. They can be mingled, at pleasure, with an equal amount of sorrel leaves. They can be treated as spinach or chicory (which see). The roots must be thoroughly scraped, and

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boiled in salted water with a squeeze of lemon, until they are firm but quite cooked, when they may be treated as salsify or celery (which see).

162. DANDELION BOILED, No. 1

Prepare as above; boil fast for thirty minutes; remove and place in cold water. Press the moisture gradually out till the leaves are more or less dry; then chop small. Put the leaves into a stewpan, in which you have ready mixed one tablespoonful of stock, one ounce of butter, one dessertspoonful of flour, and a seasoning of salt and pepper. Let the leaves become thoroughly hot in this, stirring them carefully with a wooden spoon for ten minutes or so; then add one tablespoonful of cream, and serve with fried croûtons.

163. DANDELION BOILED, No. 2

Take an equal quantity of young dandelion leaves and young sorrel leaves; chop them separately. Put the dandelion leaves into a very small quantity of boiling, salted water, cook them till tender; then put in the sorrel leaves, and let boil till the water is all boiled away; add salt, pepper, and butter, and serve very hot along with poached eggs on toast.

EGG-PLANT OR AUBERGINE

NOTE.—Although this curious plant, which is of the Solanum or potato tribe, has been known to English gardeners for at least three hundred years, it is but little grown or appreciated. One sees it in the greengrocers' shops; but not as one sees it in the French markets. In the United States it is a popular and standard vegetable. In India it is largely used and termed *brinjal.* Usually egg-

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shaped, but sometimes as long as a cucumber, the fruit of the egg-plant is to be had in various colours—chiefly red and purple, but also white, cream, and violet. A very nice and wholesome vegetable it is, too; only most housewives are so mortally afraid of anything they don't know previously.

Preparation.—In almost all cases the seeds are removed (unless they are so young as to be undeveloped), and the fruit is stuffed. The pulp is often returned to the shell or pod, mixed with various seasonings and ingredients.

164. EGG-PLANT BAKED

Cut the fruit in halves, lengthways; scoop out the fleshy part, mash it up with a little butter, salt, pepper, and a minced hard-boiled egg. Fill the hollowed half-pods with this mixture, brush over with melted butter, and bake in a moderate oven.

165. EGG-PLANT BROILED

Peel and cut a medium egg-plant into quarter-inch slices. Mix on a plate a tablespoonful of oil, a teaspoonful of salt, and half a teaspoonful of pepper. Turn pieces in seasoning, arrange on a double broiler, and broil three minutes on each side. Remove, dress on a dish, and serve.

166. EGG-PLANT FRIED

Remove the skin and cut the plant into slices a quarter of an inch thick. Sprinkle the slices with salt, pile them one above another, and set a plate holding a weight upon the top. Let stand an hour to drain off the juice. Dip in egg, then in breadcrumbs, and sauté, first one side and then on the other, to a golden-brown.

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167. EGG-PLANT WITH FRIED EGGS

Neatly peel a small egg-plant; cut it into six equal slices, and place on a soup plate. Season with a teaspoonful of salt, half a teaspoonful of white pepper, adding half a gill of cold milk; turn well in the seasoning, then in flour.

Heat two tablespoonfuls of butter in a large black frying-pan, lay the egg-plants, one beside another, in the pan, and gently fry for three minutes on each side. Carefully crack six eggs over the slices; season the eggs evenly with a teaspoonful of salt and half a teaspoonful of white pepper; then set the pan in the oven, and bake for five minutes. Remove, carefully slide on a large hot dish, and serve.

168. EGG-PLANT, LYONNAISE

Peel and cut an egg-plant in half-inch square pieces; lift them up, and drain on a cloth. Cut a medium onion in half, then finely slice it and fry in frying-pan with two tablespoonfuls of melted butter for six minutes, occasionally stirring meanwhile; then add the egg-plant. Season with a teaspoonful of salt and half a teaspoonful of pepper, and slowly cook for fifteen minutes. Pour in a tablespoonful of vinegar, and half a teaspoonful of freshly chopped parsley; toss well, cook for two minutes, dress on a hot, deep dish, and serve.

169. EGG-PLANT STUFFED (MARSEILLAISE)

Cut three small egg-plants into halves, lengthwise, make a few criss-crosses in the meat of the plants without cutting the shells, then plunge in boiling fat, cut side downward, and fry for ten minutes. Lift up and lay on a towel, skin side up; let drain for five minutes, scoop out all the meat, and finely

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chop. Heat a tablespoonful of melted butter in a saucepan; add a small, chopped onion, and fry for three minutes; then add the egg-plant, with two seeded, peeled, red, fresh, chopped tomatoes. Season with a light teaspoonful of salt and three saltspoonfuls of pepper; add a teaspoonful of freshly chopped parsley and half clove of finely chopped garlic. Mix well with wooden spoon, and let cook for fifteen minutes, occasionally stirring meanwhile; then add four tablespoonfuls of fresh breadcrumbs; mix well, and with this preparation fill up the six half-shells. Place on a tin, sprinkle a little breadcrumbs over, arrange a few little bits of butter on top; set in oven to bake for fifteen minutes; remove, dress on a hot dish, and serve.

170. EGG-PLANT STUFFED (PROVENÇALE)

Cut into even halves three very small, sound egg-plants. Make a few incisions inside each piece without disturbing the peels; then gently drop them into boiling fat—inside parts downward—and fry for eight minutes. Remove them with a skimmer, and let drain on a towel for ten minutes again, with cut parts downward; then with a teaspoon scoop out all the meat, and mince it fine.

Chop very finely six medium-sized, sound shallots, and fry them in a frying-pan with half a teaspoonful of butter for one minute; then add the scooped-out meat, with a tablespoonful of finely chopped parsley, two tablespoonfuls of chopped mushrooms, half a clove of sound, finely crushed garlic. Season with one teaspoonful of salt, half a teaspoonful of white pepper, adding also half an ounce of fresh breadcrumbs, one gill of tomato sauce (No. 683), and one whole raw egg. Thoroughly mix with a wooden spoon until well thickened; then fill the six egg-plant shells with the forcemeat. Arrange

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on a baking-dish ; spread over each a small quantity of breadcrumbs, with a few very little bits of butter on top ; then set to bake in a brisk oven for fifteen minutes. Remove, dress on a hot dish, and serve.

171. EGG-PLANT, TURQUE

Cut in two, lengthwise, three small, sound egg-plants, criss-cross the flesh inside, without cutting skin, then fry in boiling fat, cut side down, and let drain for ten minutes. With a teaspoon scoop out the pulp, leaving the shells intact. Finely chop pulp and keep on a plate. Heat two tablespoonfuls of oil in a saucepan ; add one finely chopped white onion, and gently brown five minutes ; then add two ounces of raw rice, with half a clove of finely chopped garlic ; lightly brown five minutes, stirring once in a while ; add egg-plant meat, with two gills of tomato sauce (No. 683), half a teaspoonful of salt, three saltspoonfuls of pepper, and saltspoonful of nutmeg ; mix well, cover pan, set in oven forty-five minutes. Remove, add two egg yolks, thoroughly mix, sprinkle half a teaspoonful of salt in the egg-plant shells, then fill with the preparation. Sprinkle a little breadcrumbs over, place on a tin, arrange a few bits of butter over each, set in oven for fifteen minutes. Remove and serve.

172. EGG-PLANT AND TOMATO (ATHÉNIENNE)

Peel a small egg-plant ; then cut into six even slices. Neatly trim all round, season with half a teaspoonful of salt and two saltspoonfuls of pepper, and lightly roll them in flour. Heat a tablespoonful of lard in a frying-pan, arrange the egg-plant slices one beside another in the pan, and fry for three minutes on each side. Remove and place on a lightly buttered tin. Place in a mortar two skinned, raw sausages, half a teaspoonful each of chopped

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parsley and chives, half a clove of chopped garlic, two tablespoonfuls of breadcrumbs, half a gill of cream, one egg yolk, two saltspoonfuls of salt, one saltspoonful of cayenne and a saltspoonful of grated nutmeg; then pound the whole together to a smooth paste, and evenly spread over the six slices of egg-plant. Cut three medium, red tomatoes into halves crosswise. Evenly season the cut part with half a teaspoonful each of salt and sugar, and two saltspoonfuls of white pepper; then arrange a piece of tomato on top of each egg-plant, cut side downward. Spread half a teaspoonful of melted butter over the tomatoes, evenly divided, and place in the oven to bake for twenty minutes; remove, dress on a hot dish, and serve.

HOPS

NOTE.—Young hop shoots, four to five inches long, make a nice change as a green vegetable, and are (in hop districts) extremely cheap. Cold, cooked hops are a very good addition to a salad.

Preparation.—Much as for asparagus—*i.e.*, the hops must be slightly scraped, washed, and tied in neat bundles—or they can be fried (see below).

173. HOPS BOILED

Prepare as above; put into salted boiling water or weak stock; boil quickly for about twenty minutes; serve with a good, plain sauce. Reserve any which remain till next day, to use cold in salads.

174. HOPS FRIED

After preparing as above, boil the young hop shoots in salted water with a squeeze of lemon, till they are three-parts done—say about twelve minutes; then drain and shake them a little. Leave them to

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get cool, after dusting on a little salt. When they are cold, flour them, dip in egg and breadcrumbs, and fry in boiling oil or fat. If any sauce is served, let it be a sharp one; or hand round a plate of cut lemon.

FINOCCHIO, OR FLORENCE FENNEL

NOTE.—As in the case of chervil, there are two kinds of fennel—the herb and the vegetable. The ordinary aromatic garden fennel (which see) is quite another thing from the Italian finocchio, which is used like blanched celery, either raw or cooked, the thick round leaf-stalks only being employed.

Finocchio is a particularly pleasing vegetable, and, once known, will always be wanted, "by reason," to quote Parkinson, "of sweetnesse by nature, and tendernesse by art."

Preparation.—As for celery or chicory (which see). Stock is better than water for cooking finocchio. It should be served with a rich, thick sauce.

LEEK

NOTE.—The national emblem of Wales is closely related to the onion; in other words, it is a plebeian member of the great patrician family of the *Liliaceæ*. It is milder than the onion, and more delicate in flavour, even as the onion is milder and less rank than garlic. Leeks are good, wholesome winter vegetables, and generally find favour as a family dish. Like most other vegetables, they are much the best when young and tender.

Preparation.—Well wash the leeks, remove the green tops and the fibrous part of the roots; cut them into short, equal lengths, of four to five inches,

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and place them in fast-boiling salted water for not more than six minutes; then drain off the water, and substitute a very small quantity of (boiling) stock, just enough to cover the leeks in a shallowish pan. Let them boil in this until quite tender.

175. LEEKS BOILED, No. 1

Having washed and trimmed the leeks, lay them in fast-boiling salted water, and cook till properly tender. Drain them, place them in a hot vegetable dish on buttered toast, and pour a good white sauce over them.

176. LEEKS BOILED, No. 2

Take six leeks about as thick as a finger, cut them all to equal length, leaving hardly any of the green part. Wash and trim them carefully, and tie them in a bundle. Place them in a small stewpan, in a little salted boiling water, and parboil for five minutes. Drain, and place them in a clean saucepan containing three-quarters of a pint of milk and about half a teaspoonful of sugar. Stew them in this for twenty minutes or more, till they are quite tender, and lay them on slices of toast in a vegetable-dish. Keep them warm while you thicken the milk with half an ounce each of butter and flour, well worked together. Season with pepper and salt. When this mixture boils, pour it over the leeks, and serve.

177. LEEKS WITH CHEESE

Prepare the leeks, cut them into three-inch lengths, and plunge them in fast-boiling salted water. In a few minutes drain off the water, and replace it with just enough good stock to cover the leeks. When they are nearly cooked, remove, drain, and place them in a pie-dish; strew them thickly with

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grated cheese, and put into a good oven till the cheese is nicely browned.

178. LEEKS DEVILLED

Procure twelve even-sized leeks ; trim off stems, outer stale leaves, and cut green parts one inch from white parts, using white parts only. Thoroughly wash in cold water and drain on a cloth, place in a braising-pan with two branches of parsley, a branch of chervil, clove, bay leaf, sprig of thyme, and half an ounce of butter. Moisten with half a gill of white wine and gill of broth; season with half a teaspoonful of salt and three saltspoonfuls of pepper. Cover pan, and briskly boil on the fire for five minutes, then set in oven for thirty minutes. Remove to a table, take up with skimmer, and split them open without separating. Place six slices of toasted bread in a baking-dish ; arrange the leeks over toasts ; strain gravy through a cheese-cloth into baking-dish ; spread a tablespoonful of French mustard and dredge a little breadcrumbs over leeks ; then set in oven for fifteen minutes ; remove, and serve.

179. LEEKS, FRIED

Take six small leeks, and use the white parts only ; the green tops can be used for soup. Well wash and cut them into three-inch pieces. Put into a stew-pan with half a pint of milk, one bay leaf, and a pinch of mace. Boil slowly till the leeks are soft but whole. Carefully remove and drain them. Have ready half a pint of thick white sauce, dip each piece into this, then stand it in a sieve to set firm. Then egg-and-breadcrumb each piece—this must be done very carefully, and is better for doing twice. Fry in deep boiling fat. Drain the leeks, sprinkle with salt and pepper, serve at once.

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LENTILS

NOTE.—Lentils, belonging to the great Leguminous family which provides the earth with so much food, are not much eaten over here. They are, it would seem, mostly used in a dried state, and their nutritious properties are chiefly confined to the ripened seed. In France and other Continental countries, brown lentils are used; in Egypt, Syria, and the East in general, red ones, such as those which the hungry Esau greatly desired in Jacob's pottage: "Feed me, I pray thee, with *that red*" (marginal reading) . . . "Then Jacob gave Esau bread and pottage of lentils."

Whether red lentils be worth one's birthright or no, however famished one may be, personally I think the brown ones are the best. And they are supposed to be particularly nourishing to invalids and delicate stomachs; though undoubtedly in some folk they breed flatulence and dyspepsia. The great point is, to have them thoroughly well cooked, and no trace of the tough, hard, outer skins allowed to remain.

Preparation.—Lentils must be soaked in cold water over-night, for some ten hours at least. While they are boiling, any that float on top should be removed. It is best to pass them through a sieve, to make sure of their being thoroughly pulped. Seasoning and flavouring are of much importance.

180. LENTILS CURRIED, No. 1

Take half a pound of lentils; soak them in cold water for three hours, then boil them slowly till tender, but not mashed. Heat two ounces of dripping in a stewpan to boiling-point; add one onion, finely minced, one teaspoonful each of salt and mustard, and one saltspoonful of pepper. Drain

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the lentils as dry as possible; mix them in thoroughly with the other ingredients, and after stirring a few minutes to get well blended, serve in a hot dish.

181. LENTILS CURRIED, No. 2

Fry four onions cut in slices in a saucepan; add one pint of water or stock, and half a pint of soaked red lentils. Thicken with one dessertspoonful of curry-powder and one of flour. Simmer for two hours, squeeze the juice of half a lemon over the lentils, and serve very hot.

182. LENTILS POTTED

Take about half a pound of lentils, rather more than less. Simmer them in a muslin bag until tender, in stock or water. When they are soft, beat them to a pulp in a basin, or pulp them through a sieve; and while they are hot, add one tablespoonful of butter, half a teaspoonful of powdered or finely chopped sage, a piled tablespoonful of fine breadcrumbs, salt and pepper. Mix thoroughly well and bake slowly for about an hour in a buttered pie-dish. Keep the water for stock.

183. LENTIL PUDDING

Soak, boil, and mash one quart of lentils; add one ounce of butter, salt, pepper, and as much milk as will make it the right consistency. Tie in a floured cloth, and boil for an hour and a half.

Note.—If any of this pudding remains when cold, it can be cut into thick slices and fried.

184. LENTILS STEWED (SPANISH)

Soak one quart of lentils in cold water all night. Boil them next day in plenty of salted water for three hours. Drain them well; rub a saucepan

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with a clove of garlic; add one ounce of butter, an onion, parsley and herbs minced fine, pepper, salt, and the lentils. Stir, and shake well. In a quarter of an hour dish up, and serve very hot.

LETTUCES

NOTE.—Of these wholesome and pleasant vegetables there are two varieties, the cabbage lettuce and the cos lettuce (which is called romaine in the U.S.A.). Although chiefly used uncooked in salads, lettuces can be cooked in various ways with much success, and the stalks of cos lettuces can be treated as asparagus or couve tronchuda (which see).

Preparation.—Careful washing is necessary, and the removal of any discoloured outer leaves; but for culinary purposes, more of the large outside leaves can be used—they are often rather tough for salad.

185. LETTUCES BOILED

Wash and boil them in boiling water, with a little salt, until tender; strain them in a colander, and chop them up; then put them into a saucepan with some fresh butter, a spoonful of flour, a little nutmeg, salt, and the juice of a lemon; let the whole boil for a quarter of an hour. This may be varied by omitting the lemon-juice, adding some good cream, and thickening with the yolks of two eggs. (This is an excellent plan where lettuces are "bolted" and not suitable for serving uncooked. ED.)

186. LETTUCES CREAMED

Take three large, sound, cabbage lettuces, wash and trim them, and throw into fast-boiling salted water for ten minutes. Remove and place in cold water for a minute or two; rinse and dry well;

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cut each into quarters, and put them in a saucepan with one tablespoonful of butter, and seasoning of pepper and salt, and one saltspoonful of castor sugar. Let simmer very slowly for two and a half to three hours, stirring often, until the lettuces are quite tender; then add two yolks beaten up with about half a gill of cream or new milk; let simmer but not boil, and serve very hot, with garnishing of fried croûtons.

187. LETTUCES STUFFED

Choose some large cabbage lettuces, and, having boiled them a quarter of an hour, dip them into cold water and let them drain; then open the leaves without breaking them, and fill the centre part with a good forcemeat, and tie them up; stew them for a short time, then drain them on a cloth, dip them in a batter, and fry to a good colour. When done, cover them with breadcrumbs, and serve with some white sauce.

MERCURY, OR GOOD KING HENRY

NOTE.—This good old-fashioned plant, also known as Lincolnshire asparagus, fat hen, blite, shoemaker's heels, etc., is an aboriginal inhabitant of Britain. It is so cheap and wholesome, so simple and easy to cultivate and to cook, that I suppose we neglect it as *too* cheap. It makes an excellent substitute for spinach, if allowed to grow large; or, if the young shoots are cut and boiled in bunches, it has a distant resemblance to asparagus. In any case, mercury is by no means to be despised, and I commend it as a useful spring vegetable, though not of the first class.

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Preparation :—As for spinach, or as for asparagus (which see).

188. GOOD KING HENRY (BOILED LEAVES)

Have the leaves well washed, put into a stewpan with the smallest possible amount of boiling water, and let boil for fifteen minutes; then add a little salt, and boil five minutes longer. Strain off the water and chop the leaves finely. Have ready hot in a stewpan about one ounce each of butter and flour, with a little pepper and salt, add the leaves, mix well, and heat thoroughly for another five minutes. Serve hot, with garnish of fried sippets.

189. GOOD KING HENRY (BOILED SHOOTS AND STALKS)

Prepare and cook as asparagus (which see), and serve with any sauce suitable to asparagus. Keep any cold, cooked stalks for salad.

MUSHROOMS

NOTE.—Properly speaking, these can hardly be termed vegetables, except in so far as they are neither animal nor mineral. On the Continent, a very large variety of mushrooms are recognised as edible; in Great Britain, although possessing thirty edible species, we only make use of two. These are the common meadow mushroom (*Agaricus campestris*) and the horse mushroom (*Agaricus arvestris*). Hardly anybody dares to experiment with the fairy-ring champignon, the chanterelle, the blewit, the morel; with the St. George's mushroom, the English truffle, the giant puffball, and other delicious esculents.

However, a sinister suggestion of poison lurks

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within the rosy gills of even the meadow mushroom, when those gills turn black ; and I warn you not to make use of any agaric, once its flesh darkens. Unless fresh, it may be dangerous.

Preparation.—Use a silver knife. Remove very gingerly the outer skin, and the stalks ; the latter should be chopped, rinsed, and simmered in milk or water to make sauce. Good mushrooms should need no trimming, nor should they break under the hand.

As a separate dish, as a garnish, as a flavouring, mushrooms are particularly savoury and attractive.

190. MUSHROOMS BAKED, No. 1

Carefully peel the mushrooms, and put them, hollow-side uppermost, on a buttered baking-sheet; fill the cavities with butter, and set in a moderately hot oven. They should be ready in about twelve minutes. It will be seen that they must be fairly whole mushrooms, not stale or broken ones.

191. MUSHROOMS BAKED, No. 2

Place in a pie-dish some good, medium-sized mushrooms, underside up, and place on each a little butter, salt, and pepper. Cover them closely with another dish of the same size, and set them in a moderate oven for ten to fifteen minutes.

192. MUSHROOMS BROILED, No. 1

Take some sound, large mushrooms, peel and trim, place on a gridiron over sharp heat, and broil for two minutes on each side. Place on a hot dish, season with salt and pepper, sprinkle with melted butter, and a squeeze of lemon-juice ; serve on buttered toast.

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193. MUSHROOMS BROILED, No. 2

Cut off tails, peel, wash, and drain well a pound of fresh mushrooms. Place in a bowl with a tablespoonful of oil, juice of half a sound lemon, a teaspoonful of salt, and half a teaspoonful of pepper. Turn well in seasoning; arrange on a double broiler, broil for four minutes on each side, dress on six freshly prepared toasts, spread a tablespoonful of maître d'hôtel butter over them, and serve.

194. MUSHROOMS WITH BUTTER

Cut away the end of stems of a pound of white sound, fresh mushrooms; peel, wash, and drain well on a cloth. Heat an ounce of butter in a frying-pan ; add the mushrooms ; season with a half-teaspoonful of salt and two saltspoonfuls of pepper ; gently toss them, cover, and fry for ten minutes, tossing them once in a while. Have six freshly prepared toasts on a hot dish, and evenly divide the mushrooms over. Squeeze the juice of quarter of a lemon into the pan ; lightly mix and pour over the mushrooms ; sprinkle a little chopped parsley over, and serve.

195. MUSHROOMS (FAIRY-RING) CHAMPIGNONS

Champignons can be stewed by being placed in a saucepan, with enough milk to keep them from burning, and a little piece of butter, salt, and pepper. Stir the contents, and shake the saucepan frequently. Time, about three-quarters of an hour.

They are very nice fried with bacon, or put into a stew or hash. They can be dried for winter use.

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196. MUSHROOM CROÛTONS

Take some middle-sized mushrooms, peel and trim them, fry them gently in a little butter. Place each on a small piece of toast, sprinkle with salt and pepper, and keep hot. Have a paste made with one ounce of butter, two teaspoonfuls of finely minced parsley, and half a teaspoonful of lemon-juice, all worked quite smooth. Put a piece of this into the middle of each mushroom, and serve very hot.

197. MUSHROOMS CURRIED

Take about a dozen good-sized mushrooms for this. Fry a small, sliced onion pale brown, using about one ounce of butter; mix in one teaspoonful of flour and two teaspoonfuls each of curry-paste and curry-powder. Continue to fry lightly for five minutes longer; then add one teaspoonful of chutney, one saltspoonful of salt, and about one pint of stock. Let all cook quietly for about fifteen minutes; then strain the liquor off, return to the pan, put in the mushrooms, and simmer them quickly for about half an hour. Serve them inside a wall of boiled rice, like a meat curry.

198. MUSHROOMS AU GRATIN, No. 1

Clip a little off the tips of stalks of a pound of very white, even-sized, medium fresh mushrooms. Thoroughly wash them in plenty of cold water, and well dry them on a cloth. Heat one ounce of butter in a small frying-pan; add the mushrooms, season with a teaspoonful of salt and three saltspoonfuls of white pepper, and gently brown ten minutes, lightly tossing meanwhile. Lift up the mushrooms with a skimmer and keep on a plate. Add one ounce and a half of flour to the mushrooms and butter in pan; briskly stir while

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heating one minute, pour in one gill of hot milk, two tablespoonfuls of sherry, one gill of cream, half a saltspoonful of cayenne, and one saltspoonful of grated nutmeg. Sharply mix with a whisk until it comes to a boil; add the mushrooms, and slowly cook ten minutes, occasionally mixing meanwhile. Transfer to a baking-dish, dredge a tablespoonful of grated Parmesan cheese over, place a few little bits of butter on top, and set to bake in the oven for ten minutes; remove, and serve.

199. MUSHROOMS AU GRATIN, No. 2

Take eight or ten large cup mushrooms. Cut off all the stalks and peel them, and also peel very carefully the cup-like part of the mushroom, so as not to hurt the rim. Next scoop out the inside of these cups, and chop it up with the stalk of the mushrooms. Take a piece of shallot about as big as a large nut, a teaspoonful of chopped parsley, and a very little chopped thyme, with a little cayenne pepper; add about three ounces of streaky bacon, fat and lean. Put all over the fire, and fry for a time. If the mass is too dry, it shows there is not enough bacon-fat; if it be too moist, add bread-crumbs. Fill the cups of the mushrooms with this mixture, and shake over some fine bread-raspings. Place the cups so prepared in a covered stewpan, with some butter or oil, and let them cook very gently till the cup part of the mushroom is quite tender. Serve hot, with toast, either plain or with some rich brown gravy poured round them.

200. MUSHROOM OMELET

Peel and stalk some sound, medium-sized mushrooms. Fry them lightly in a little butter, seasoned with pepper and salt. Whisk three eggs, yolks and whites separately; then blend them, and add a little

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pepper and salt. Pour the eggs into a buttered omelet pan; when they set, place the mushrooms in them, and fold over like an ordinary omelet. Serve at once on a very hot dish.

201. MUSHROOMS SCALLOPED, No. 1

Take a medium-sized pie-dish; butter it, sprinkle the bottom thickly with fine breadcrumbs; strew little bits of butter over, and moisten very slightly with milk. Have ready some sound mushrooms, peeled and trimmed; put a layer of these and one of crumbs and butter, alternately, till the dish is full. The top layer must be crumbs, with an extra allowance of butter. Pour a pint of milk over the whole, and place in a good oven for one hour.

202. MUSHROOMS SCALLOPED, No. 2

Put the mushrooms into a saucepan with fresh butter, chopped parsley, shallots, and a few chopped mushrooms; moisten them from time to time with a little butter and water, mixed with flour, and stew them gently for about half an hour; then put into shells or a dish, covered with crumbs of bread. Put them over a red fire for a short time, and brown in the oven.

203. MUSHROOMS STEWED, No. 1

Peel and trim one pint of good, small mushrooms. Place them in a bowl of cold water, and squeeze in a little lemon-juice. Leave them there ten minutes or so, then lift them out separately with a skimmer, and put them in a shallow stewpan, adding three ounces of pepper, the rest of the lemon-juice, and seasoning of salt and pepper. Put the lid on, and stew the mushrooms twenty minutes or so; then make a thickening with a quarter of a pint of milk, one tea-

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spoonful of butter, half a saltspoonful of grated nutmeg, and add to the liquor in the stew. Mix well, let stew five minutes more, and serve hot with sippets of toast or fried bread.

204. MUSHROOMS STEWED, No. 2

Look carefully over each mushroom by breaking it in half, to ascertain if it be worm-eaten; if so, reject it. No fungus is more poisonous than an old worm-eaten mushroom. Having ascertained that they are sound, wash them in strong salt and water; dry and wipe them, and place them in a saucepan with one ounce of butter (or more, in accordance with the quantity of mushrooms), some milk, pepper, and salt. Simmer slowly or bake in a covered jar for one hour. Look at them frequently, and add more milk if necessary. Have ready some hot fried toast, lay the mushrooms on the toast, and serve very hot.

205. MUSHROOMS STUFFED

Remove the stalks (and keep them) from one pound of very fresh, good-sized, sound mushrooms; wash in cold water, and carefully drain on a cloth. Heat one tablespoonful of melted butter in a frying-pan; place the mushrooms in a pan one beside another, and cook for three minutes on each side. Squeeze over juice of half a sound lemon, sprinkle over half a teaspoonful of salt, toss well, and keep on a plate till required. Thoroughly wash the mushroom stalks, chop very fine, place in a small saucepan with one ounce of butter, three finely chopped shallots, one ounce of chopped raw ham, and gently brown for ten minutes, frequently stirring meanwhile; add one tablespoonful of flour; stir well, pour in a gill of cream, three saltspoonfuls of salt, one saltspoonful of cayenne pepper, and one

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saltspoonful of grated nutmeg; mix with wooden spoon until it comes to a boil; then add two tablespoonfuls of fresh breadcrumbs, one egg yolk, and mix well while heating for three minutes. Transfer this preparation to a plate, and let it get cold; then stuff mushrooms with the preparation, neatly smooth tops, carefully dip in melted butter, then in breadcrumbs; place on a tin, set in oven for eight minutes; remove, and serve.

NASTURTIUMS (TROPÆOLUMS)

NOTE.—Three kinds of nasturtiums are used as vegetables: the climbing *Tropæolum majus*, the dwarf *T. minus*, and the half-hardy and very beautiful *T. tuberosus*, with its slender red-and-yellow flowers. The great merit of *majus* and *minus* is that they will grow pretty nearly anywhere, and seem almost to enjoy poor soil. When one considers, too, that they are naturally Peruvian plants, it is extraordinary with how little sun they can subsist. The green leaves can be treated as a cooked vegetable; the tips of the shoots and the green seeds can be added to salads; and the green seeds, pickled in vinegar, make an effective substitute for capers.

T. tuberosus has small, curious, potato-like tubers, which are edible, but not certain to be appreciated, unless you have become acclimatised to the taste for them by habitation in South America.

Preparation.—Leaves, as for spinach; tubers, probably as for new potatoes.

See *Salads*, Chap. VIII.

NETTLES

NOTE.—These despised "weeds" are of excellent worth, both for making nettle beer or for using as a culinary vegetable. As nothing can possibly be

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cheaper, nor more wholesome, it is advisable to avail oneself of nettles ; but please note that you can only eat the young and tender shoots. They must never be gathered after the nettle has flowered.

Preparation.—The young shoots must be washed, dried in a cloth, and tied in trim bundles like asparagus. Use several waters in the washing.

206. NETTLES BOILED

Young nettle sprouts, about six inches high, are not only invaluable for that wholesome beverage nettle beer, they can be advantageously utilised as a vegetable. Wash them well, put them in fast-boiling, salted water, and cook about fifteen minutes. Drain off the water, leaving the nettles as dry as possible ; work in one ounce of butter, and seasoning of salt and pepper, keeping the pan over the fire. Have ready some buttered toast, and serve the nettles on this, placing poached eggs on the top.

207. NETTLES STEAMED

Prepare as above, and cook in a steamer until tender, say about twenty minutes. Drain and untie, arrange neatly on a hot dish or on buttered toast ; sprinkle with salt and pepper, and serve with a simple sauce, such as *beurre fondu*.

208. NETTLES AU GRATIN

Wash, dry, and string some young nettle shoots. Put them into cold water, salted a little, and let this come to boiling-point ; then strain off the water, but do not press the leaves too hard so as to break them. Butter a pie-dish, sprinkle it with fine bread-crumbs, grated cheese, and seasoning of pepper and salt. Place the nettles on this, and cover them with a similar layer ; strew small pieces of butter over,

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and put into a moderate oven for about a quarter of an hour.

209. NETTLES STEWED

Take some young nettle-shoots ; wash, dry, and chop them very small. Place in a stewpan with one small finely chopped onion, half a teaspoonful of castor sugar, and seasoning of salt and pepper; add sufficient stock (or water, if no stock be available) just barely to cover the nettles ; more can be added if this boils away. Put at the side of the fire, and let stew very gradually till tender; then add a thickening of butter, flour, and cream, or milk, and carefully mix it in. Serve on buttered toast, and put rings of hard-boiled egg on top.

ONIONS

NOTE.—These rank among the oldest vegetables in the world. Almost magical healing properties have been ascribed, in all ages and countries, to these pungent bulbs. They were considered actually sacred in ancient Egypt. They are of the same family as lilies ; which shows how much kinsfolk may differ. Onions are exceedingly wholesome, nutritious, and appetising if thoroughly cooked ; an underdone or raw onion is only digestible by a strong, outdoor personage. The young spring onion, known as "gippo" in the West country, is an excellent addition to salads, but almost impossible to forget once you have eaten it. The large Spanish onion is the least pertinacious as regards its lingering taste and odour. Probably onions boiled are the safest ; fried, the most indigestible ; and baked, the tastiest.

Their extraordinary effect upon the lachrymal glands would suggest an equally powerful effect

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upon the internal organs. They have this great advantage, that being neither roots, tubers, nor in any sense farinaceous, they are not taboo for gouty, rheumatic, or diabetic people.

It is advisable to peel onions in a draught, or close to the fire, to dispel some of their powerful aroma.

Preparation.—Remove the stalk, close against the bulb, and take off one or two of the outer skins, till you approach green skin. Place them at once in cold water, slightly salted, and let it come to boiling-point; strain it off, and place the onions in another pan of salted, boiling water (if it be boiled), or proceed with any other selected process. By the above means you will ensure their being not only blanched, but well cooked.

210. ONIONS BAKED, No. 1

Peel three medium, sound Spanish onions, clip off a small piece at both ends, cut in two, crosswise, and arrange in a baking-dish cut side up. Mix in a bowl an ounce of butter, a teaspoonful of chopped parsley, a saltspoonful each of salt and pepper, and the juice of half a sound lemon. Spread this mixture evenly over the six half-onions, cover with a buttered paper, and set in oven for thirty-five minutes, being careful to baste quite frequently. Bring dish to oven door, and lift up paper; sprinkle over two tablespoonfuls of fresh breadcrumbs, baste well; reset in oven for ten minutes more; remove, and serve in same dish.

211. ONIONS BAKED, No. 2

Take four or five middle-sized Spanish onions, and put them in a pan, without peeling them, in cold water that will just cover them. Let simmer

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slowly over the fire for two hours ; then remove, drain, and take off the skins. Put them in a large pie-dish, and season each onion with salt and pepper. Place a large piece of butter on the top of each, dredge thickly with fine breadcrumbs, and bake in a sharp oven to a deep golden brown. They are better served in the same dish ; a fire-proof one is advisable, as it looks best, besides keeping hotter.

212. ONIONS BAKED, No. 3

Put four or five Spanish onions, with their skins on, in a saucepan of salted water; let them boil quickly for one hour. Then take them out, dry them thoroughly, wrap each one separately in a piece of buttered paper (or a paper bag), and bake them in a moderate oven for two hours or longer. Remove the paper and serve the onions in their skins.

213. ONIONS BAKED, No. 4

Put some onions in a deep pie-dish (after removing the outside skins), salt and pepper them, and place a piece of butter on each onion ; cover them over, and place them in a hot oven for about three hours and a half.

214. ONIONS BOILED, No. 1

Unless the onions be very mild or young, when boiling change the water two or three times, replenishing each time with cold water and draining when the boiling-point is reached. Cook until very tender. Drain and serve with butter or cream or a white sauce. Onions left over may be cut in thin slices and disposed in a buttered gratin dish in layers with white sauce, then covered with buttered crumbs, and set in the oven, to reheat and brown the crumbs. Onion purée is particularly good with mutton chops.

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215 ONIONS BOILED, No. 2

Take three or four good Spanish onions, peel them, and put them to soak in cold, salted water for two hours; drain them and place in a deep saucepan; cover them with enough milk to prevent their being seen. Place the pan over a gentle heat, keep the lid on, and let simmer slowly for about three hours. Serve hot in a deep dish or tureen, with butter, salt, pepper, and a teaspoonful of minced parsley.

216. ONIONS CREAMED

Take two pounds of middle-sized onions, peel them, and put into a pan, with one teaspoonful of white sugar, and just cover them with boiling water. Let them boil till nearly tender; then put in one teaspoonful of salt, and let them boil till done. Drain off the liquor. Have ready a sauce as follows: mix one tablespoonful of flour into one ounce of melted butter; when this has heated for two minutes, stir in half a pint of hot milk, and heat for two minutes more; add salt and pepper to taste; stir well, and pour it over the onions in a hot vegetable dish.

217. ONIONS AU GRATIN, No. 1

Take one pound of Spanish onions, boil soft, and mince small. Have ready two ounces of grated cheese. Take a buttered baking-dish, cover the bottom with onion, then put in layer of grated cheese, and pepper and salt to taste. Repeat in alternate layers till the dish is full. The top layer must be cheese, which should be sprinkled with butter or dripping, dusted with breadcrumbs or flour, and set in a good oven for ten minutes.

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218. ONIONS AU GRATIN, No. 2

Take four good-sized Spanish onions, and blanch them in boiling, salted water for ten minutes. Drain and cut them up; put them in a stewpan with just enough milk to float them. Simmer over a low fire till tender; then drain all mixture through a sieve. Use the liquid thus obtained to make a sauce, with two ounces of butter and half an ounce of flour, mixed smooth into one tablespoonful of milk, one yolk, pepper and salt. Put the onions into a hot buttered dish; mix the sauce well in, strew a layer of grated cheese over, and a little butter (melted) on top. Bake a few minutes until coloured.

219. ONION SOUFFLÉ

Melt one tablespoonful of butter in a saucepan, and add one tablespoonful of flour, quarter of a teaspoonful of salt, and a dash of paprika. When smoothly mixed, add one cup of milk. When the sauce boils, add half a cup of stale breadcrumbs (from centre of loaf), a teaspoonful of chopped parsley, one cup of cold, boiled onions, chopped fine, and the yolk of an egg well-beaten. Beat the whites of two eggs very stiff, and fold them into the onion mixture. Bake in a buttered pudding-dish, in a moderate oven, about fifteen minutes. Serve at once, with or without cream sauce.

220. ONIONS STEWED

Take two large Spanish onions, roll them in a little flour, and fry them whole in a stewpan with as little dripping as possible. When they are a light brown, add half a teaspoonful of Liebig's Extract or Bovril, dissolved in one breakfastcupful of hot water. Let all come to boiling-point, then cover the pan and stew slowly for two hours or so. The liquor must be thickened with a little flour.

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221. ONIONS STUFFED, No. 1

Take some medium-sized Spanish onions, scoop out their centres, and let them boil ten minutes; then drain, and stuff with the following mixture: eight ounces of sausage meat, and seasoning of salt and pepper, half a saltspoonful each of grated nutmeg and powdered thyme. The onions will probably need binding. Place them in a shallow stewpan, with one small carrot thinly sliced, and the scooped-out centres finely chopped; add half a pint of stock, and cover the pan with lid. Let the onions stew very gently for about one hour, and look occasionally to see if the liquor has boiled away, when it can be replaced with the same amount of boiling water. When the onions are a good brown and quite tender, put them in a hot vegetable-dish, strain and thicken the gravy, and pour it over them.

222. ONIONS STUFFED, No. 2

Parboil three large Spanish onions, take out the centres, and fill up with the following mixture: a quarter of a pound of finely chopped cold meat, one ounce and a half of grated cheese, the scraps of onion, chopped, and a seasoning of pepper and salt. Place a small lump of butter on the top of each, and fry or bake the onions in hot fat. Serve very hot, with a thick gravy.

223. ONIONS STUFFED, No. 3

Cook ten or twelve onions in salted water, changing the water twice (about an hour, or until nearly tender); drain and cool. Take out the centre of each onion without disturbing the outside layers; to this add six mushrooms, sauté five minutes in butter; chop fine, add half a cup of breadcrumbs, and cream or white sauce to mix; season with salt and pepper, add a little butter, and fill the open space

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in the onions with the mixture. Put in a buttered baking-dish, sprinkle the top with three-quarters of a cup of fine dry crumbs, stirred into quarter of a cup of melted butter, and bake about twenty minutes, basting carefully with a little butter and hot water. The onions may also be stuffed with pork sausage. Thus stuffed, they become an appropriate garnish for roast turkey or spare-rib of pork.

PARSNIPS

NOTE.—The parsnip is a native British plant, but its use as a cultivated vegetable in Britain is only some four hundred years old, although it was a familiar viand in Roman households. Parsnips stand third in dietetic value among culinary vegetables, but, owing to the sugar they contain, must be barred by gouty and rheumatic persons. They require to be supplemented by a rich sauce, or plenty of oleaginous matter, for, according to the familiar old adage, "Fine words butter no parsnips." To many people's thinking, they are better boiled, and then fried, than any other way. A remarkably potent and pungent wine is made by cottagers from parsnips.

Preparation.—Parsnips should not be cut before being cooked, or they will deteriorate by at least half their value. Choose, therefore, small or medium-sized ones, as even in size as possible. Scrub them thoroughly in cold water, and either steam them, or place in boiling, salted water, as little of it as possible, and let them boil fast till tender, which should be about one hour and twenty minutes. Serve them whole.

224. PARSNIPS BOILED, No. 1

Take two pounds of parsnips; wash and scrape well; cut any larger ones in pieces, so that all shall

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be of fairly equal size. Place in boiling salted water, and boil fast till they are tender. Drain and place in dish, with pieces of butter strewed among them.

225. PARSNIPS BOILED, No. 2

Cut large parsnips in half, and place them in a saucepan of salted and fast-boiling water. Time to cook, about an hour and a half. Drain them, and dish up with a little piece of fresh butter.

226. PARSNIP CAKES

Boil five large parsnips till tender; pass them through a masher; add one teaspoonful of flour, pepper, salt, and one egg well beaten; make into small cakes, and fry.

227. PARSNIPS FRIED, No. 1

Take some good-sized parsnips and boil them tender (or cold, cooked parsnips from the previous day can be used). Drain them, roll them in a mixture of flour and water made of creamy thickness, dust with breadcrumbs, and fry in boiling dripping.

228. PARSNIPS FRIED, No. 2

Peel six medium parsnips, cut in one-and-a-half-inch pieces, then cut each in one-third-inch-square strips. Wash in cold water, place in saucepan, and pour in enough hot water to cover; then add half a lemon and a teaspoonful of salt. Cover pan, let gently boil for forty-five minutes; drain, then place in a deep dish. Squeeze over them the juice of half a lemon, adding a teaspoonful of chopped parsley, half a teaspoonful of salt, two saltspoonfuls of pepper, and two tablespoonfuls of oil; mix well, and infuse from thirty-five to forty minutes.

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Prepare a frying batter; plunge parsnips in it, roll well, then drop in boiling fat and fry for ten minutes, turning with skimmer once in a while. Lift up, drain on a cloth, dress on a hot dish, and serve.

229. PARSNIPS FRIED, No. 3

Cut some cold, boiled parsnips in half and fry about half an hour.

230. PARSNIP FRITTERS

Take four good-sized parsnips; boil till soft; then remove the skins, and pass them through a colander. When they are smoothly mashed, add one beaten egg, one teaspoonful of flour, salt and pepper to taste. Mix thoroughly, and shape into small cakes. Fry in boiling lard, butter, or beef dripping, which should completely cover them; drain, and serve at once.

231. PARSNIPS MASHED

Take at least one pound of parsnips; wash and scrape them, and cook quite tender in fast-boiling salted water, with a tablespoonful of dripping and a teaspoonful of salt. Pass them through a coarse sieve or colander, and press into a mould, as closely as possible. Place in the oven to heat through, and serve.

232. PARSNIPS STEWED

Take four good-sized parsnips; wash and scrape and boil till tender, but not broken. Slice thinly and place in a stewpan, with half a pint of milk, a little butter, a little flour, and seasoning of salt, pepper, and nutmeg. When all is thoroughly heated, thickened, and smooth, serve at once.

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PEAS

NOTE.—Peas have been cultivated so long in Europe, that they are found in the remains of Bronze Age dwellings. Whether eaten green or dried, their value has never been in any doubt. In the former condition they are more appetising; in the latter, more nutritious. The great Leguminous family, which includes beans, peas, lentils, etc., etc., is perhaps the most varied tribe in the world. It contains about 6,500 species; its members exist in all parts of the known world, except in St. Helena and one other small island. They range in size from tiny insignificant herbs to great trees whose trunks have a girth of 80 feet. Peas, beans, and lentils, already named, supply enormous quantities of human food; cloves, vetches, and lucernes, provide endless fodder for cattle; senna, liquorice, tolu balsam, tamarinds, catechu, gum Arabic, manna, indigo, rosewood, logwood are included; with an immense variety of other useful growths, and ornamental ones including furze, broom, mimosa, sensitive plant, and the greenweed or planta genista from which our Angevin kings derived their surname.

All this may or may not be relevant to a cookbook; but it is undoubtedly very interesting.

Preparation.—(1) If you are fortunate enough to have your own young green peas, freshly picked from your own garden, shell them, and place them in a shallow stewpan, in fast-boiling salted water (one teaspoonful of salt to one pint of water), barely sufficient to cover them. Don't put in sugar, or soda, or mint, or parsley, or butter, or anything. Keep the pan-lid off, and let the peas boil fast till they are tender, about ten minutes; then drain and serve in a heated dish.

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But this is a counsel of perfection as to the best way of dealing with the best peas.

(2) For second-best peas—which include all those which have been bought, and whose freshness you cannot guarantee—you may add two or three leaves of mint, a small spray of parsley, a lump of sugar, an ounce of butter, a small onion or a few chives; but be careful to use as little water as possible. These peas will, of course, take longer to cook.

(3) Old peas are most eatable when "jugged," in a tightly stoppered jar set in boiling water. Butter, pepper, salt, and sugar should be added to them, but no water. They will take at least forty-five minutes.

(4) Dried peas must be well picked and washed, and soaked in cold water for eight hours, or overnight, before you attempt to cook them. Dried green peas are more palatable than yellow split ones.

(5) Pea-pods, when very young, may be boiled whole as directed in the first instance. When older, they can be "topped and tailed" and sliced on the slant, like French beans, and boiled a good while in a minimum of water. In this way, also, you secure a good basis for green or vegetable soup.

233. PEAS (AVIGNONNAISE)

Place a pint of fresh, tender, shelled peas in a saucepan with a quart of boiling water, a teaspoonful of salt, half a teaspoonful of sugar, two saltspoonfuls of pepper, and a teaspoonful of butter. Cover pan, boil forty minutes, thoroughly drain on a sieve; heat a teaspoonful of melted butter in a frying-pan, add two ounces of very finely chopped cooked ham, and gently brown five minutes, frequently stirring meanwhile; add peas, with half a teaspoonful of chopped chives, a teaspoonful of French mustard,

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one ounce of butter, three saltspoonfuls of salt, a saltspoonful of white pepper, and sprinkle over a teaspoonful of flour; lightly toss on fire while cooking three minutes. Remove and use as required.

234. PEAS BOILED

If the pods are clean and fresh, cook part of them, with water to cover, half an hour. Strain the water through a cheese cloth, reheat, and use as the liquid in which to cook the peas. Freshly gathered tender peas should cook in twenty minutes. In cooking peas, use no more liquid than it takes to cover them; season with salt, pepper, and butter. Cream, broth, or meat extract may be added. A little sugar is sometimes an improvement. Cubes of carrots, cooked separately, also may be added to a dish of peas. Peas alone, or combined with carrots, turnips, and potatoes, are also served in cream sauce or in a curry sauce.

235. PEAS WITH BUTTER

Place a pint of fresh, tender, young, shelled peas in a saucepan with a white onion having two cloves stuck in it, one small head well-washed green lettuce, three pints of water, a teaspoonful of salt, a teaspoonful of sugar, half a teaspoonful of white pepper, and half an ounce of good butter. Cover the pan and gently boil for one hour; drain on a sieve, remove the lettuce and onion, and replace the peas in pan. Knead on a saucer half an ounce of butter with a teaspoonful of flour; add to the peas with two saltspoonfuls of sugar and two saltspoonfuls of white pepper. Mix well on the fire with a wooden spoon for two minutes, dress on a vegetable dish, and serve.

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236. PEA CROQUETTES

Take three teacupfuls of green peas; put them into fast-boiling water, cook till tender; then pulp them through a sieve, and add one teacupful each of breadcrumbs and of minced ham, one tablespoonful each of minced chives and of lemon-thyme finely chopped, and about one ounce of butter, and seasoning of salt and pepper. Mix well, shape into croquettes, cover with egg and breadcrumbs, and fry in boiling fat.

237. PEAS CURRIED

Soak one pound of split peas in one quart of cold water, overnight, adding a level saltspoonful of bicarbonate of soda; then put them in a deep saucepan, in the same water, and, when they boil, let them simmer gently till tender, about one hour and a half. Meanwhile, have ready in a small saucepan an onion and an apple, about medium-size, minced small, one ounce of butter, a teaspoonful of curry-powder, and half a breakfastcupful of water. Let this stew gently for an hour; it must be often stirred, and covered closely. When the peas are done, strain the water from them into the smaller pan; use a little flour to thicken it, and season with salt; boil it up, and pour it over the peas in a hot dish.

238. PEAS (FLEMISH METHOD)

Take about a dozen young spring onions; chop them and fry them a nice brown in a tablespoonful of butter; add one pint of green peas, parboiled; season with a little salt and pepper, and let all just boil; then drain and dish up.

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239. PEAS JUGGED

This is one of the best ways to cook peas, whether fresh, dried green, tinned or bottled. Shell a pint of peas, put them into a clean two-pound pickle bottle or any jar with a closely fitting top, adding a tablespoonful of butter, a teaspoonful of powdered sugar, a saltspoonful of salt, a dozen mint leaves, and, at discretion, a very little black pepper. Cover the vessel tightly, and immerse it, to the extent of half its depth, in a pan of boiling water. Set the latter on the fire and boil briskly. Examine in half an hour. The peas, if very young, should be done by then; if old, they will of course take longer.

240. PEAS WITH LETTUCE, No. 1

Shell a quart of young, tender green peas; plunge them into a quart of boiling water with a teaspoonful of salt, and boil for twenty minutes. Drain on a sieve. Finely chop a medium white onion, and lightly brown in a small saucepan with one ounce of butter; then add the white part of a small head of sound lettuce very finely chopped up. Mix well with a fork, and cook for two minutes; then add the peas. Season with a level teaspoonful of salt, half a teaspoonful of sugar, and two saltspoonfuls of white pepper, also sprinkling two teaspoonfuls of flour over; toss well, then add half a gill of cold water. Allow to simmer gently for ten minutes, occasionally tossing meanwhile. Pour into a deep, hot vegetable dish and serve. If green peas are not obtainable, a pint of tinned or bottled peas can be employed in place of the fresh and cooked the same way.

241. PEAS WITH LETTUCE, No. 2

Take two good cabbage lettuces; wash and drain and bind them closely. Have three quarts of green

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peas shelled, wash them and put into a deep saucepan, with the lettuces, one teaspoonful of salt, four tablespoonfuls of butter, and as little water as will suffice to stew the vegetables. Let cook gently for a quarter of an hour, then take out the lettuces into a deep hot dish. Mix a lightly whisked yolk with three tablespoonfuls of milk or cream, season with a little salt and pepper, add one tablespoonful of castor sugar, and put this thickening to the peas. When they have simmered about five minutes longer, pour the whole contents of the pan over the lettuces.

242. PEAS WITH MINT, No. 1

Open a pint can of green peas ; suppress the water, plunge them in slightly salted boiling water, and boil for two minutes. Drain, then place in a saucepan with a teaspoonful of butter, half a teaspoonful of salt, one saltspoonful of white pepper, half a teaspoonful of sugar, and half a teaspoonful of very fresh, finely chopped mint. Toss all well on the fire for one minute, and serve in a hot vegetable dish.

243. PEAS WITH MINT, No. 2

Plunge a pint of fresh, tender peas in a quart of boiling water with half a teaspoonful of salt, and boil for forty minutes. Drain on a sieve, then place in a sauteuse with half a teaspoonful of freshly chopped mint leaves, one ounce of butter, two saltspoonfuls of salt, three saltspoonfuls of sugar, and one saltspoonful of white pepper ; toss them until well thickened. Dress on a vegetable dish, and serve.

244. PEAS BOILED (OLD)

Place in one pint of boiling water a lump of sugar, half a teaspoonful of bicarbonate of soda, a heaped

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teaspoonful of butter, and a sprig of fresh mint. Let the water boil up again, then put in your peas; put the lid on the pan, and boil fast for about fifteen minutes. When they are quite tender, but not broken, drain them carefully and serve.

245. PEAS WITH OMELET

Have three tablespoonfuls of cooked green peas or bottled peas in a small saucepan, with half a pint of water and a saltspoonful of salt, and gently boil for four minutes. Drain well, replace them in the pan, with half a teaspoonful of butter. Season with a light saltspoonful of salt, a saltspoonful of sugar, and a very light saltspoonful of white pepper; lightly toss till thoroughly hot.

Carefully crack eight fresh eggs in a bowl; pour in half a gill of cold milk. Season with half a teaspoonful of salt and two saltspoonfuls of white pepper. Sharply beat with a fork for two minutes, then add the peas; lightly mix. Proceed to finish the omelet.

246. PEAS PANCAKES

Boil about one pint, or rather more, of green peas; when tender, mash them through a colander, and mix with two ounces of butter and seasoning of salt and pepper. Set this mixture aside to grow cold. Whisk two eggs, and mix with one breakfastcupful of milk and half a breakfastcupful of flour. Lastly add one teaspoonful of baking-powder. Beat all smooth, stir this into the peas, and cook in a greased frying-pan or on a griddle.

247. PETITS POIS, FRANÇAISE

Have one pint of tender, shelled green peas. Place them in a saucepan with two gills of cold water, one teaspoonful of salt, two saltspoonfuls of white

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pepper, one teaspoonful of soft sugar, and six of the smallest, peeled white onions obtainable, also a very small head of green, well-washed lettuce, with four branches of parsley tied around. Cover the pan, place on a brisk fire, and let boil for twenty-five minutes. Remove the lettuce and parsley, add a tablespoonful of good butter, mix well, and slowly cook for three minutes. Pour into a hot, deep dish and serve.

248. PEAS AND POTATOES

Have some fair-sized potatoes, peeled and cut into balls, boiled till almost done. Drain well, and put into a pan with some stewed peas, adding a little salt and pepper, and at least two ounces of butter. When both potatoes and peas are sufficiently tender, thicken with a little flour and milk, and serve.

249. PEAS PUDDING

Put a quart of dried peas rather loosely into a cloth; place in cold water to boil slowly till tender—good peas will take about two hours and a half. Rub them through a sieve, adding an egg, an ounce of butter, some pepper and salt, and beat them well for about ten minutes. Flour the cloth, and tie the pudding tight as possible, and boil an hour longer.

250. PEAS SOUFFLE

Boil not less than one pint of shelled green peas, with a teaspoonful of castor sugar, and as little water as possible. When quite tender, drain and pulp through a sieve; add one ounce of butter (creamed or melted), one cupful and a half of milk, two whisked yolks, seasoning of pepper and salt. Work all perfectly smooth, then beat in two whites of eggs whisked stiff, and bake in a buttered pie-dish, covered

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with another pie-dish, for thirty minutes; then remove the cover and let the soufflé colour.

251. PEA TIMBALES

Mix one cup of pea-pulp with two beaten eggs, a few drops of onion-juice, two tablespoonfuls of thick cream, one tablespoonful of melted butter, two thirds of a teaspoonful of salt, one-eighth of a teaspoonful of black pepper, and a few grains of cayenne. Turn into buttered moulds and bake in a pan of hot water until firm. Serve with one cup of white sauce, to which has been added one-third of a cup of cooked and drained peas.

These may be made of fresh, dried, or bottled peas. In seasoning, a teaspoonful of finely-chopped mint leaves is approved by many. For variety or the sake of colour add to the sauce, with the peas, cubes or figures cut from carrot, cooked tender.

252. PEAS, PRESERVED

Thoroughly drain a pint of tinned or bottled green peas; then plunge them into a small saucepan with a pint of boiling water for two minutes. Drain well through a strainer and replace them in the saucepan; add one tablespoonful of good butter, half a teaspoonful of salt, one teaspoonful of powdered sugar, and one saltspoonful of white pepper. Shuffle and toss them well in the pan without cooking again. Pour them into a hot, deep dish, and serve.

253. PEAS, VIEILLE MODE

Cut two ounces of lean salt pork into small squares, and place in a saucepan with one finely chopped white onion, one teaspoonful of melted butter, and fry to a nice golden colour; add a pint of fresh, shelled peas,

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and moisten with half a pint of white broth. Tie in a bunch six green lettuce leaves with two leeks, add to the pan, season with half a teaspoonful each of salt and sugar, and two saltspoonfuls of pepper. Cover the pan, and let boil for forty-five minutes, then remove the lettuce and leeks. Mix on a plate a tablespoonful of butter with a teaspoonful of flour, then add little by little to the peas, tossing well meanwhile; dress on a vegetable dish, and serve.

POTATOES

NOTE.—Nobody regards the potato as romantic, and yet it belongs to the most romantic (in a sinister sense) of all tribes. It is a member of the great Solanaceæ order, which contains six hundred species; a cousin of the Three Fates of Poison—deadly nightshade, henbane, and thorn-apple or stramonium. Its very blossoms would tell you this, they are so similar to those of the woody nightshade. *Solanum tuberosum*, the common or garden potato, the most valuable food-vegetable in existence, the staple diet of millions, stands as a crowning instance of extremes meeting.

The "Potato of Virginia" was originally introduced to Britain by one Herriot—blessed be his name! —though Sir Walter Raleigh, in a vague way, gets the credit of it. But Sir Walter's fame is quite great enough to let even the potato go. . . . Its name is derived, through the Spanish *patata*, from the native Red Indian term *batata*; and it was not at first recognised as of any special culinary or dietetic value. Nearly two hundred years elapsed before it rose to its present proud position; and now, one cannot imagine how it can ever be superseded. The two vegetables which most nearly approach it in

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importance, the Jerusalem artichoke and the parsnip, are far behind. *Solanum tuberosum*—poisonous of fruit, and precious of tuber—is one of the best gifts of the Creator to a world so strangely mixed of good and bad.

I have devoted the largest amount of space to potato dishes, because they are not merely alternatives, or wholesome extras, or valuable for medicinal reasons; they are solid, sensible food—you can live on potatoes alone. I don't think one can say this of anything else, except plantains or bananas, and, of course, wheat.

Preparation.—The most valuable mineral salts of the potato lie closely next the skin; it is therefore utterly wasteful to prepare it in the too frequent fashion, by peeling it and letting it lie in cold water. The bulk and quantity remain (though even these are deteriorated by peeling), but the most essential qualities are gone for ever. Potatoes should always be boiled (or, far better steamed) in their skins, a preliminary cleaning and scrubbing being given. The flavour is enhanced, the mineral salts are retained, and much waste in labour and material is avoided.

The potato is one of the only vegetables (the others being Jerusalem artichokes, sweet potatoes, and yams), which is placed in cold water and allowed to come to boiling-point. With new potatoes, this rule is reversed; they must be rubbed or gently scraped until the thin skin comes off, and then placed in boiling salted water. Always choose potatoes so far as possible of one size. To render potatoes mealy (if for some reason you must peel them), it is inevitable that you pour off the water when they are just cooked, and leave the lid on ajar, so that they shall finish themselves by the process of steaming. Very old potatoes may be peeled, and the eyes, with any bruised-looking parts,

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removed ; place them in cold salted water, and, when it has boiled, let simmer for about twenty minutes.

Potatoes cooked in their skins should be boiled till the skins crack ; then drain off the water, cover the potatoes with a clean cloth, and leave the pot near the fire for a quarter of an hour or so before dishing up.

New potatoes should be freshly dug if possible ; the flavour of a new potato just out of the ground is a totally different thing to that of a foreign imported one—in fact, I do not consider the latter worth eating. Even those English new potatoes which have been lying about in market-baskets for a day or two are considerably deteriorated. The skins, as aforesaid, should be carefully scraped, not peeled off. A potato that "will not scrape" is a foreign and inferior one. Put the potatoes into salted boiling water, with a sprig of mint. When they are sufficiently cooked, drain off the water, add about a teaspoonful of milk and a piece of butter the size of a walnut, shake the pan over the fire till the butter is well melted, and mixed with the potatoes. Place them in a hot vegetable dish, and dust with pepper and salt.

254. POTATOES, ANNA, No. 1

Peel, wash, and drain four good-sized, sound, raw potatoes. Slice them with a potato machine ; or, if none is at hand, slice them as fine as possible. Grate two ounces of Parmesan or Swiss cheese. Heat one ounce of butter in a small frying-pan, remove the pan from the fire, and cover the bottom with a light layer of potatoes. Mix a teaspoonful of salt with two saltspoonfuls of white pepper, sprinkle a very little over the potatoes, and place a few little bits of butter over the cheese. Arrange another layer of potatoes—and so on till all are employed. Cover the pan and place on a

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moderate fire for five minutes. Turn them over with a cake turner, let them cook again for three minutes, and then place in the hot oven for ten minutes. Remove them from the oven, turn on a hot dish, and serve.

255. POTATOES, ANNA, No. 2

Pare the potatoes, and cut them lengthwise into slices one-fourth an inch in thickness; carefully put the slices together, to retain the original shape of the potato, and then run two wooden toothpicks, dipped in melted butter, through each potato, to hold the pieces together. Parboil ten minutes, then bake either with the roast or separately, basting with dripping from the roast. Remove the toothpicks; serve as a garnish to the roast.

256. POTATOES BAKED

First scrub thoroughly with a vegetable brush, then put into a hot oven. Potatoes of moderate size require in baking about forty-five minutes; they are at their best as soon as they are soft throughout. As the heat is usually strongest from above, turn the potatoes, occasionally, to insure even baking. On removal from the oven, break the skin to let the steam escape, lest the naturally dry, mealy potato become "soggy" from the quickly condensing steam. A potato baked in a slow oven is less digestible than the same when properly boiled.

257. POTATOES BAKED WITH CHEESE

Take four large, cold, boiled potatoes, four eggs, one pint of cream, three ounces of cheese, salt and pepper. Cut the potatoes into thin slices and arrange in layers in a buttered dish; sprinkle each

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layer with cheese, salt, and pepper, and pour over a little of the eggs, beaten and mixed with the cream. Bake about half an hour. Serve as a luncheon dish; or at a family dinner with boiled ham, or broiled beefsteak.

258. POTATO BALLS WITH BUTTER

With a French cutter cut out potato balls; cook until tender in boiling salted water; drain, pour over them a little melted butter, and sprinkle with finely-chopped parsley. Cook turnips or carrots in the same way.

259. POTATO BALLS, PERSILLADE

Boil six middle-sized potatoes in two quarts of water with a teaspoonful of salt for thirty minutes. Drain well. Press through a potato masher into a bowl, add half a teaspoonful of chopped parsley, half a teaspoonful of chopped chervil, two egg yolks, half an ounce of butter, half a teaspoonful of salt, two saltspoonfuls of pepper, and a saltspoonful of grated nutmeg. Briskly stir with wooden spoon two minutes. Roll out the purée on a lightly floured table to twelve even balls. Dip in beaten egg, lightly roll in breadcrumbs, place in a frying-basket, and fry in boiling fat six minutes. Take up, arrange on a hot dish with a folded napkin, and serve.

260. POTATOES À LA BELGE

Take some rashers of streaky bacon, about five inches long, and half-cook them in a frying-pan. Remove them to keep hot, and fry a finely chopped onion in the bacon fat. Place in a saucepan as many (peeled) potatoes as you require, with salt, pepper, and a large teaspoonful of mixed dried herbs. Place the bacon on top of the potatoes, and pour in just

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enough water to cover the whole. Simmer till potatoes and bacon are tender.

261. POTATOES, BIGNON

Neatly wipe six medium, round, sound, unpeeled potatoes. Place them on a tin and bake in the oven for forty minutes. Remove, cut in halves, scrape out the " meat," and place it in a bowl, keeping the shells. Season with a teaspoonful of salt, two saltspoonfuls of white pepper, and a saltspoonful of grated nutmeg, adding one gill of hot milk, one tablespoonful of good butter. Lightly brown for two minutes in one teaspoonful of butter, two skinned and sliced pork sausages, and six very finely chopped shallots, and add it to the potatoes. Mix well with a wooden spoon for five minutes, then fill up the potato shells with the mixture. Place on a tin; sprinkle a tablespoonful of grated Parmesan cheese over them, equally divided. Place in a hot oven and bake for ten minutes, or until a nice golden colour. Remove, place on a hot dish, and serve.

262. POTATOES, BRIOCHES

Peel eight medium, sound potatoes; cook them in two quarts of water with a teaspoonful of salt for thirty-five minutes. Drain and press through a potato masher into a bowl. Season with half a teaspoonful of salt, two saltspoonfuls of white pepper, one light teaspoonful of grated nutmeg, adding two whole raw eggs and half an ounce of butter. Thoroughly mix with the wooden spoon for five minutes. Spread two tablespoonfuls of flour on a corner of the table. Divide the purée into six equal parts. Roll them in the flour, giving them a nice brioche form. Place in a buttered tin pan, spread a few drops of melted butter over each brioche, and bake in the hot

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oven until of a nice golden colour, or eight minutes. Remove from the oven, dress on a hot dish, and serve.

263. POTATOES BROILED

Halve lengthwise cold boiled potatoes, white or sweet; salt them lightly, then dip in melted butter, turning them so as to cover all sides with the butter; then dispose them on a double-broiler—an oyster or tomato broiler is admirable for this purpose—and broil over a moderate fire, first on one side and then on the other, until well browned. Serve on a hot dish.

264. POTATOES BROWNED

Having boiled six or eight good-sized potatoes till just cooked, let them be drained and become cold. Cut them into thick slices of even size and shape (a pastry cutter will do this best), season them with salt and pepper, dredge them with flour, brush the upper sides with beaten egg, and brown in a good oven on a floured tin.

265. POTATOES BROWNED WITH CHEESE

Boil some potatoes in their "jackets," but do not let them fall to pieces. Remove peel, and pare them till all are the same size. Have a little butter melted in a bowl, chip them in this, then roll them in grated cheese, seasoned with pepper and salt. Put them in a buttered tin in a good oven, and when the cheese has coloured, serve "hot and hot."

266. POTATO CASSOLETTES

Boil two pounds of peeled potatoes for ten minutes. Strain off the water; add one tablespoonful of butter and a little salt. Cover the pan and let the potatoes

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steam till quite done; add three beaten yolks and a little nutmeg; stir well over the fire for five minutes; press all through a sieve, and make into a paste about one inch and half thick. Let this get quite cold, then cut it into rounds with a plain two-inch cutter. Dip these in egg and breadcrumbs (having previously marked the top with a smaller cutter), and fry in boiling fat. When each is a golden brown, take off the top as marked, carefully scoop out most of the inside (which can be used otherwise) with a teaspoon handle, and replace it with mince of any sort; put the tops on again, place in the oven for a minute, and serve.

267. POTATOES AND CHEESE

Cut some cold boiled potatoes in thin slices, and lay them in a greased pie-dish; over them lay cheese cut thin, a little butter and unmade mustard, then more potatoes, and so on until the dish is full. Pour over all one pint of milk, and bake in a quick oven for one hour.

268. POTATOES (CHRISTIANA)

Boil six peeled, good-sized, sound potatoes in two quarts of boiling water with a teaspoonful of salt thirty minutes. Thoroughly drain them, then press them through a potato masher into a frying-pan; add six medium anchovies in oil cut into short pieces, half a teaspoonful of chopped parsley, half a teaspoonful of French mustard, half a teaspoonful of salt, two saltspoonfuls of white pepper, and half a saltspoonful of grated nutmeg; add two egg yolks and half an ounce of butter; place the pan on the fire, and sharply stir with the spatula while cooking five minutes. Remove from the fire. Divide the purée into twelve even parts, roll them out on a

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lightly floured table to apple-like shapes, dip them in beaten eggs, then lightly roll in breadcrumbs; arrange them in boiling fat until of a nice golden colour. Drain on paper, dress on a hot dish, and serve.

269. POTATOES IN CUSTARD

Peel and finely slice twelve new, medium potatoes and place in baking-dish. Crack two fresh eggs; add yolks of two others, beat them up, then dilute with three-quarters of a pint of broth. Season with a teaspoonful of salt, half a teaspoonful of white pepper, and saltspoonful of grated nutmeg; sharply mix. Strain through a gravy strainer over the potatoes, lightly mix, set in oven forty minutes. Remove, and serve in the same dish.

270. POTATOES, DAUPHINÉ

Pour a gill of cold milk into a small saucepan; add one tablespoonful of melted butter, stir well, and when it comes to a boil add one ounce and a half of sifted flour, stir well; break in one whole egg, stir briskly; add another egg, briskly stir. Now add two quite large, freshly boiled potatoes. Mash, thoroughly stir; break in another egg, briskly stir again. Season with a teaspoonful of salt, half a saltspoonful of cayenne pepper, and half a saltspoonful of grated nutmeg; mix well while cooking for two minutes. With a tablespoon take up as much as the spoon can hold of the preparation, and immediately drop it into boiling fat; rapidly proceed in like manner with the rest of the preparation, and fry for ten minutes, gently turning with the skimmer. Remove, thoroughly drain on paper. Dress hot, and serve.

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271. POTATOES, DELMONICO, No. 1

Place four good-sized, boiled, and finely hashed potatoes in a frying-pan with one gill and a half of cold milk, half a gill of cream, two saltspoonfuls of salt, one saltspoonful of white pepper, and a saltspoonful of grated nutmeg; mix well, and cook on the range for ten minutes, lightly mixing occasionally; then add one tablespoonful of grated Parmesan cheese; lightly mix again. Transfer the potatoes into a gratin dish, sprinkle another light tablespoonful of grated Parmesan cheese over, and set in the oven to bake for six minutes, or until they have obtained a good golden colour; remove and serve.

272. POTATOES, DELMONICO, No. 2

Chop cold, boiled potatoes into bits the size of peas; make a white sauce and stir the chopped potato into it, using a generous cupful of potato to each cup of sauce. Pour into a buttered pudding-dish, cover the top with buttered dry crumbs, and bake about fifteen minutes in a hot oven.

273. POTATOES (DELMONICO) CREAM ROLL

Stir a generous pint of chopped potato (cold boiled) into a pint of cream or white sauce; seasoned with salt and onion-juice, or celery salt; turn the mixture into a well-buttered frying-pan and cook (covered) in the oven until the sauce is absorbed with the exception of just enough to hold the bits of potato together. Fold one-half over the other, or roll from one side over and over as an omelet and turn on to a hot dish. Do not allow the potatoes to brown on the top or bottom.

274. POTATOES DEVILLED

Any remains of cold potatoes; mash them roughly, add cayenne, black pepper, and salt;

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knead them into a flat surface, fry each side brown, and serve.

275. POTATOES, DUCHESSE, No. 1

To about a pint of hot sieved potatoes, add two tablespoonfuls of butter, half a teaspoonful of salt, the beaten yolks of three eggs, and enough hot cream or milk to let the mixture pass easily through a forcing-bag with tube attached. Shape as desired, brush over with a little beaten egg, diluted with milk or water, and brown in a hot oven.

276. POTATOES, DUCHESSE, No. 2

Take ten ounces of mashed potatoes, and beat up with them, while still hot, three ounces of Spanish onions boiled very soft; add one ounce and a half of butter, one tablespoonful of milk, one dessert-spoonful of grated cheese, one beaten egg-yolk; mix all these well while hot. When the mixture is cold, roll it out on a floured paste-board to about one inch thick; cut it into rounds or ovals; dredge these and fry them a golden brown, in dripping, over a low fire.

277. POTATOES, DUCHESSE, No. 3

Prepare a potato purée. Divide into six equal parts. Spread a little flour on a corner of a table, roll each piece of potato in the flour, then give to each a nice heart-shaped form; nicely criss-cross their surfaces with a knife. Butter a small pastry-pan with a teaspoonful of butter, arrange the potatoes over, and lightly butter their surface. Place the pan in a hot oven and bake for ten minutes, or until of a fine golden colour. Remove from the oven, and with a skimmer lift them up and place on a heated dish, and serve.

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278. POTATO DUMPLINGS, No. 1

Mash one pound of steamed potatoes; keep them hot in a saucepan; stir in one well-beaten egg and one tablespoonful of cream; then mix in thoroughly one breakfastcupful of flour and one teaspoonful of baking-powder, and leave the mixture to cool. Make it into small dumplings. Put the dumplings for fifteen minutes in (slightly salted) boiling water; drain, and serve them. A sharp sauce is an excellent addition.

279. POTATO DUMPLINGS, No. 2

This is well worthy of a trial. Beat up some dry, floury, cooked potatoes until they are perfectly smooth, then mix with them one quarter of their weight in fine flour; season with salt, and form into a moderately firm paste with an ounce or two of fresh butter melted in a little warm milk. Put the mixture into a buttered basin and steam over plenty of boiling water until the dumpling is quite firm and light; then turn it out carefully on to a hot dish, garnish it with sprigs of parsley, and send to table very hot, with some pleasantly flavoured sauce or gravy as an accompaniment. Or, if preferred, instead of sauce or gravy, some stewed mushrooms, baked tomatoes, or fried onions, etc., may be served with the dumplings. If it is more convenient to have the dish served as a sweet instead of a savoury, slightly sweeten the potatoes and serve with sweet sauce or stewed fruit.

280. POTATOES FLAKED

Boil, in their skins, some large, sound, thoroughly good potatoes. When they are quite cooked, drain, dry, and skin them. Press them through a coarse sieve, as lightly as possible, upon a hot dish, and serve at once.

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281. POTATOES AUX FINES HERBES

Mix together in a bowl half a teaspoonful of finely chopped chives, half a teaspoonful of chopped parsley, and half a teaspoonful of finely chopped chervil. Boil in a quart of water, with a teaspoonful of salt, one pint of potatoes for fifteen minutes. Drain on a sieve, place in a frying-pan, season with half a teaspoonful of salt and two saltspoonfuls of white pepper; then add one tablespoonful and a half of melted butter, and the chopped herbs; gently turn with a skimmer while heating for a minute. Transfer into a hot, deep dish, and serve.

282. POTATOES FONDANTES

Peel and cut into half-inch, dice-shaped pieces six sound, medium-sized raw potatoes. Wash well and drain. Cut into small pieces and melt in a small saucepan one ounce of salt pork; add one sound, finely hashed onion and two bay leaves, and brown till of a nice golden colour. Then drop in the potatoes, season with half a teaspoonful of salt and two saltspoonfuls of white pepper, and pour in sufficient boiling water to cover them up to three-quarters of their height. Cover the pan, let them slowly cook for forty minutes, and take out the bay-leaves. Drain on a hot dish, besprinkling with a little hot parsley, and serve.

283. POTATOES FOULTEES

Neatly wipe eight even-sized, medium, sound, unpeeled, raw potatoes; place on roasting-pan, and set to bake in oven for forty minutes. Remove, clip off a small piece lengthwise to serve as covers, then with a teaspoon scoop out insides, press the potatoes through a sieve into a small saucepan, add one small onion chopped and browned in a little butter for three minutes, half a teaspoonful of salt,

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three saltspoonfuls of white pepper, one saltspoonful of grated nutmeg, one ounce of butter, and half a gill of cream. Sharply stir with wooden spoon, while heating for four minutes; remove, fill up six of the potato shells with preparation, arrange covers on, reset in oven for ten minutes; remove, dress on heated dish, and serve.

284. POTATOES (FRANCONIA)

Pare the potatoes and parboil ten minutes; drain and put in a pan in which meat is roasting; baste when the meat is basted. Potatoes thus treated will bake in about forty-five minutes. Cook turnips and large or ripe cucumbers, pared and seeds removed, in the same fashion.

285. POTATOES FRIED, No. 1

Peel, clean, and cut into pieces, one-half inch square and two and a half inches long, four good-sized, sound potatoes. Wash well in cold water and drain thoroughly.

Have some boiling fat in a frying-pan; plunge in the potatoes and fry for ten minutes, being very sure that the fat is thoroughly boiling before the potatoes are plunged in. Lift up with a skimmer, lay on a dish, let rest for one minute, replace in the boiling fat, and fry for three minutes more; lift up with a skimmer, lay on a kitchen towel, and dry thoroughly. Sprinkle the equivalent of a teaspoonful of salt over them, dress on a hot dish, and serve.

Fried sweet potatoes are served exactly the same way, and both should be promptly served after having been prepared.

286. POTATO FRITTERS

Peel and grate into a bowl three medium, sound, raw potatoes; add two tablespoonfuls of flour, two

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raw eggs, half a teaspoonful of chopped parsley, half a teaspoonful of salt, two saltspoonfuls of white pepper, one saltspoonful of grated nutmeg, and one saltspoonful of baking-powder. Sharply mix with wooden spoon until well amalgamated. Heat two tablespoonfuls of melted lard in a large black frying-pan, then drop the preparation in the pan in twelve equal cake forms, and slowly fry six minutes on each side. Remove, drain on paper, then dress on a hot dish, and serve.

287. POTATOES (FRENCH) FRIED

Scrub and pare the potatoes, and cut in eighths, lengthwise; let stand in water until all are ready, then dry between towels as they are fried. Fry in a basket, and use but few at a time. Drain on soft paper and sprinkle with salt. Serve at once, as they retain their crispness but a short time. Avoid having the fat too hot. Often potatoes to be fried are soaked an hour or more in ice water; the question of soaking or not soaking cut potatoes in ice water before frying is a matter of individual taste. When sliced, and left to stand in water, a large quantity of starch is lost, and the potato is probably more crisp. In the other case, the pieces would be softer and more mealy.

288. POTATOES FRIED WHOLE, BALLS, ETC.

Potatoes, pared whole, may be cooked in hot fat, but the fat should not be too hot, as the potatoes must cook about half an hour. If properly cooked, the potatoes will be very mealy. Potatoes for frying are cut in many fanciful shapes. They make an attractive garnish for dishes of broiled meat.

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289. POTATOES FRIED, No. 2

Take raw potatoes, wash, peel, and thoroughly dry them. Cut them into circles, strips, or any other shape to choice; drop them into boiling fat, and when they are a golden brown, remove, drain, set in an open oven or before the fire, dust with salt, and serve immediately. In frying cooked potatoes, select only the firmest, otherwise they will all go to a mash; and flour the slices before placing them in the frying-pan, because dryness is essential if they are to brown properly.

290. POTATOES AU GRATIN

Take four cold, boiled potatoes of middle size and slice them evenly in circles. Prepare a sauce as follows: two tablespoonfuls of butter melted in a stewpan, thickened with two tablespoonfuls of flour, then thinned with one cupful each of cream and stock, and brought to boiling-point. Remove from fire, and work in two beaten yolks, three tablespoonfuls of grated cheese, salt and pepper to taste. Blend thoroughly, and cover the bottom of a pie-dish with a layer of the mixture; next add a layer of potato slices, slightly overlapping each other; repeat until the dish is full, then cover the top with fine breadcrumbs, sprinkle with melted butter, and put in a hot oven till coloured a golden brown.

291. POTATOES TO SERVE WITH FISH

Pass hot mashed potatoes through a coarse sieve; add a generous piece of butter, a little salt, and hot milk or cream, as needed. Beat thoroughly, and press firmly into a buttered tin. Have the potato about half an inch thick. Cut into diamond-shaped pieces, and score diagonally with a skewer dipped in melted butter. Brush over with yolk of an egg,

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beaten with a tablespoonful of milk, and brown in the oven. Serve with a teaspoonful of peas, in a rich cream sauce, in the centre of each piece. The mixture needs to be dry to retain its shape after heating.

292. POTATOES AU GRATIN WITH ANCHOVIES

Finely hash six peeled, medium, boiled potatoes, place in a frying-pan with an ounce of butter, two gills of cold milk, half a teaspoonful of salt, a saltspoonful of white pepper, and a saltspoonful of grated nutmeg; mix well, then cook five minutes. Cut into small pieces eight anchovies in oil, add them to the potatoes, mix well, and let cook five minutes. Mix with a spoon once in a while. Transfer to a baking-dish, sprinkle surface with two tablespoonfuls of grated Parmesan cheese, arrange a few little bits of butter on top of the cheese, then set to bake in oven ten minutes. Remove and serve.

293. POTATOES AU GRATIN, ESTRAGON

Cut four cold, boiled potatoes into small square pieces; place in an enamelled pan with half a teaspoonful of freshly chopped tarragon, half an ounce of good butter, gill of milk, half a gill of cream, half a teaspoonful of salt, three saltspoonfuls of pepper, a saltspoonful of grated nutmeg; place on fire and cook for ten minutes, frequently stirring meanwhile. Transfer potatoes into a baking-dish, sprinkle a tablespoonful of grated cheese over, arrange a few little bits of butter on top, and set in oven for ten minutes; remove and serve.

294. POTATOES HASHED AU GRATIN

Finely hash six medium, peeled potatoes. Place them in a frying-pan with one ounce of butter, half a

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teaspoonful of salt, one saltspoonful of white pepper, one saltspoonful of grated nutmeg, two gills of cold milk, and one gill of cream. Mix well; let the whole boil slowly for ten minutes, stirring once in a while with a wooden spoon.

Butter the bottom of a baking-dish with a teaspoonful of butter. Transfer the potatoes into this dish, spread the surface with two tablespoonfuls of Parmesan or Swiss cheese (grated), divide half an ounce of butter into little bits over the top of the cheese. Set the dish in a brisk oven to bake for ten minutes or until of a golden colour. Remove and serve.

295. POTATOES HASHED BROWN

Chop six cold, boiled potatoes very fine, adding half a teaspoonful of salt and a dash of pepper. Put one-fourth of a cup of fat into the frying-pan, and, when hot, put in the potatoes and heat quickly and thoroughly. Press into one side of the pan to form an omelet. When well browned, drain off the fat and turn on to a dish.

296. POTATOES HASHED WHITE

Butter an omelet pan, and put into it cold, boiled potatoes chopped rather fine; sprinkle with a little salt, scatter bits of butter over the top, and pour over a little white stock or hot water. Cover and cook slowly until thoroughly heated through. Turn out carefully into a hot dish without stirring. Care needs to be taken that the potato be not browned, but the stock and butter absorbed.

297. POTATOES WITH HERRINGS

Well wash some potatoes and boil them, taking care, however, not to let them break or get too soft;

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then drain off the water, peel and slice them fairly thickly, and keep them hot. In the meantime put a chopped onion into a stewpan with an ounce of butter, and fry until lightly browned; then dust in some flour, add three tablespoonfuls of vinegar and a bay leaf, and rather under a pint of water; season with salt and pepper, draw the pan to the side of the stove, and let the sauce simmer for a little. Well wash two red herrings, cut them down lengthways, remove the bones, then cut up the flesh small, put it into the sauce, and let it cook in this for a few minutes; now put in the potatoes, and stir them gently round, being careful not to break them. Next add two ounces of butter and a gill of milk, and stir it all over the fire until it reaches boiling-point. When cooked, turn out on to a hot dish, and serve.

298. POTATOES KLOSSE

Boil one pound of potatoes till they are tender, but not mashy. Let them get cold, then grate them. Cream four ounces of butter, add three whisked eggs, and mix with the grated potato. Season to taste with pepper, salt, and nutmeg, and blend all thoroughly, using a wooden spoon. Make the mixture into small balls, and put them into boiling water to boil quietly for ten minutes.

299. POTATOES JULIENNE

Peel and wash well three medium, sound, raw potatoes. If no Julienne-shaped potato cutter is at hand, cut with a sharp knife into Julienne match-shaped strips; wash again, drain well in a frying-basket, then fry in boiling fat for six minutes. Take them up in the basket, drain thoroughly; sprinkle a good teaspoonful of salt over them. Shake them well, dress on a hot dish, and serve.

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300. POTATOES LISBONNE

Peel and wash twelve even-sized, new, sound potatoes, and keep in cold water until required. Finely slice one medium white onion, place in a saucepan with a tablespoonful of melted butter, and fry for ten minutes, stirring once in a while; add one teaspoonful of flour, stir well; add three crushed, red, fresh tomatoes, a sprig of thyme, one clove, one bay leaf, one gill of broth, half a teaspoonful of salt, and three saltspoonfuls of white pepper. Mix well and let boil twenty minutes. Strain sauce into another saucepan; drain, and add potatoes; cover pan and set in oven forty minutes. Remove, pour into a dish, and serve.

301. POTATOES MAÎTRE D'HÔTEL, No. 1

Cut four fairly good-sized, peeled, cold, boiled potatoes into medium-sized slices. Have in a saucepan one tablespoonful of melted butter and one tablespoonful of flour; stir well with a wooden spoon till well heated, then add one gill of hot milk and one gill and a half of cream. Season with half a teaspoonful of salt, one saltspoonful of white pepper, and half a saltspoonful of grated nutmeg. Mix well, then add the potatoes, a light teaspoonful of freshly chopped parsley, and the juice of half a sound lemon. Toss them well in the pan while slowly cooking for ten minutes. Turn on a hot deep dish and serve very hot.

302. POTATOES MAÎTRE D'HÔTEL, No. 2

Boil one pint of potato balls, cut with French cutter, in boiling salted water about ten minutes; drain, and add one cup of milk. Cream two tablespoonfuls of butter, add the yolk of one egg, beat in well; add also one tablespoonful of lemon-juice,

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one tablespoonful of chopped parsley, half a teaspoonful of salt, and a dash of pepper, and, when the milk is partly absorbed, stir into the potatoes quickly.

303. POTATOES À LA MARECHALE

Steam one pound and a half of potatoes in their skins, till they are three-parts done; then peel them, cut them into slices as thin as a halfpenny, and lay them in a greased pie-dish, in layers overlapping each other like a fish's scales. On each layer sprinkle grated cheese, pepper and salt, and a little butter just melted enough to pour. Cover the top with a good layer of grated cheese, and plenty of little bits of butter. Bake in a moderate oven for half an hour.

Turnips can be treated exactly the same way.

304. POTATOES MARQUISE

Prepare a potato brioche preparation (see No. 262). Slide a fancy tube at the bottom of a pastry-bag, and drop the potato preparation into it. Have a lightly buttered tin ready, and press down the potato preparation into six rose-like forms in the tin; set them in the oven to bake for ten minutes. Remove, dress on a hot dish, and serve.

305. POTATOES MASHED, No. 1

Peel, wash, and drain nicely six rather small sound potatoes; cut them into quarters, place in a pan, cover with water, and boil for thirty-five minutes; drain well and press them through a sieve into an enamelled pan. Season with a teaspoonful of salt, one saltspoonful of white pepper, and one saltspoonful of grated nutmeg; add one tablespoonful of butter and one gill and a half of hot milk. Mix well with the wooden spoon, while gently heating

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for five minutes. Turn into a hot vegetable dish, pass the blade of a tableknife over the surface to give a smooth delicate appearance, and serve.

306. POTATOES MASHED, No. 2

Prepare as riced potatoes (see No. 321); beat until very light and fluffy, and pile irregularly in a serving-dish, putting a bit of butter here and there in the depressions.

307. POTATOES MIGNONNES

Boil six medium, peeled potatoes in two quarts of water, with a teaspoonful of salt, for thirty minutes; drain, then press through a potato masher into a saucepan; add two egg yolks, half an ounce of butter, half a teaspoonful of salt, two saltspoonfuls of white pepper, and half a saltspoonful of grated nutmeg; thoroughly stir on the fire for two minutes; remove, and let slightly cool off. Divide the preparation into twelve even parts, then roll out to ball-like shapes; slightly flatten, then place them in a buttered tin. Lightly egg their surface, then set them in the oven for ten minutes or until of a golden colour; remove, dress on a dish with a folded napkin, and serve.

308. POTATO MIROTON

Boil or steam twelve fair-sized potatoes in their skins. Skin, mash, and season them with salt and pepper. Mince up a small onion, and fry it in two tablespoonfuls of cooking butter. When the onion is light brown, add in the mashed potatoes; stir all well, and put in a tablespoonful of mushroom ketchup or some similar flavouring, and two eggs well beaten. Sprinkle a buttered mould with breadcrumbs, and bake the mixture in it for half an hour. Moderate oven.

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309. POTATOES NANNETTE

Heat one tablespoonful and a half of melted butter in a saucepan, adding two tablespoonfuls of flour; stir well and cook until a nice brown colour, stirring meanwhile. Moisten with a pint of broth. Season with light teaspoonful of salt, three saltspoonfuls of pepper, and one saltspoonful of grated nutmeg. Mix well till it comes to a boil. Drop in twelve new peeled potatoes; add two branches of parsley and one bay leaf. Cover pan, and set in oven forty-five minutes. Remove, take up parsley and bay leaf, pour potatoes into a deep dish, and serve.

310. POTATOES (NEW) BOILED

Select ripe new potatoes and scrub them until the outer skin is removed; boil quickly in boiling salted water, drain perfectly dry, and dust lightly with salt from the dredger; cover with a cloth, and keep hot on the back of the range. Fold the potatoes, singly, in a hot, dry cloth, twist the ends of the cloth in opposite directions tightly, then drop the dry, mealy potato, white as snow, into the serving-dish. Serve before they have become cold. (This is an American recipe. We usually prefer new potatoes *not* to be mealy.—*Ed.*)

311. POTATOES (IMITATION NEW)

Pick out small, round, ripe potatoes; wash and peel them. Put them into a cheesecloth bag and tie the top. Have ready a saucepan containing enough of equal parts of milk and water (slightly salted) to cover the potatoes. Simmer slowly until they are done. Lift out the bag, allow them to drain on a colander a few minutes, then place in the oven to dry five minutes. Prepare a rich cream sauce seasoned with butter and salt. Remove pota-

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toes from the bag, put them in a saucepan over hot water, and cover with the sauce. Serve in a deep vegetable dish.

312. POTATOES (PARISIAN)

With a French cutter cut out of uncooked potatoes, pared, a pint of balls. Cook in boiling salted water about ten minutes, or until nearly tender; drain, and toss in a frying-pan, in which there are four tablespoonfuls of melted butter and a little salt. Set the pan in the oven, shaking it frequently, until the potatoes are thoroughly cooked and well browned; add a little fresh butter, a dash of salt, if needed, and a tablespoonful of chopped parsley. Toss the balls about, to distribute the ingredients evenly, and serve at once.

313. POTATOES, PARMENTIER

Plunge four medium-sized, peeled, raw potatoes in two quarts of boiling water, with a teaspoonful of salt, and boil thirty minutes; drain, and press through a potato masher into a bowl. Heat a tablespoonful of butter in a small saucepan; add half a finely chopped white onion, and gently brown four minutes, occasionally stirring meanwhile; then add two peeled and seeded, crushed red tomatoes; mix a little and cook for five minutes; then add the potatoes with two egg yolks, a tablespoonful of thick cream, half an ounce of good butter, half a teaspoonful of salt, two saltspoonfuls of white pepper, and a saltspoonful of grated nutmeg. Sharply mix with a wooden spoon while cooking for eight minutes, and remove pan to a table.

Lightly butter six individual pudding moulds, carefully sprinkle a little very finely chopped parsley over the interior of each, and fill with the potato preparation. Lay moulds on a small tin, pour hot

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water into the tin up to half their height, cover with a lightly buttered sheet of paper, set in oven for fifteen minutes, remove; unmould potatoes on a hot dish, pour a gill of tomato sauce around them, and serve.

314. POTATO PIE

Slice some sound potatoes, which have been boiled and left to grow cold. Put a layer of these slices in a buttered baking-dish, and season with a sprinkling of salt, pepper, finely minced onion and parsley, and grated cheese. Next add a little thick white sauce, sufficient to hide the potatoes from sight; repeat until the dish is full, when the sauce must be thickly covered with grated cheese.

315. POTATO GIPSY PIE

Cut some cold, boiled potatoes in slices about a quarter of an inch thick and arrange these in layers in a well-greased pie-dish with a little salt, pepper, finely minced parsley, boiled onion chopped small, and tiny bits of fresh butter between each layer. When the dish is sufficiently full, and the potatoes on top arranged as evenly as possible, brush over the surface very liberally with liquid butter or pure beef dripping, and bake in a moderate oven until the pie is bubbling hot and well browned. If preferred, a little finely chopped meat of some kind, pleasantly seasoned and moistened with good gravy or sauce, may be placed between the layers of potatoes, and the whole covered in the usual way with a crust of well-made, moderately rich pastry. If it happens that the potatoes at hand have been mashed, they will answer the purpose just as well, and if the pie is preferred without a crust, mark the surface neatly with the point of a small knife, or by drawing the prongs of a small fork across it in various

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ways. Brush over with liquid butter or dripping, or with beaten egg, and bake as already directed. Some rich, creamy brown gravy or a well-flavoured sauce is a great improvement to a gipsy pie in the opinion of some people, while others prefer it without; the point must therefore be decided according to individual taste and convenience.

316. POTATOES À LA POLONAISE

Parboil some potatoes, slice them rather thickly, place them in a stewpan with a good lump of butter, sufficient cream to cover them along with the butter when dissolved, and seasoning of salt and pepper. Let them stew till quite tender, then serve them up in the same liquor, with chopped capers sprinkled round them.

317. POTATO RAGOÛT

Take a medium-sized onion, parboil and chop it finely, along with two ounces of cold meat of any sort and six ounces of ham, all finely minced; add three ounces of mashed potates, one teaspoonful and a half of parsley, chives, and thyme, two yolks, pepper and salt. Mix thoroughly; whisk two whites to a stiff froth, and stir these in lightly; drop small tablespoonfuls of the mixture into boiling fat—absolutely boiling—and when they are a golden brown, thoroughly drain and serve at once.

318. POTATOES ROASTED IN QUARTERS

Peel and cut four medium, sound, raw potatoes into six square pieces each; wash and drain well, place in a frying-pan with two tablespoonfuls of melted lard, and fry on the range for ten minutes, or until a good golden colour, occasionally turning with a skimmer; then place in a small roasting-tin;

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season with a teaspoonful of salt and half a teaspoonful of pepper. Evenly spread one ounce of butter on the surface of the potatoes, then place in a brisk oven for thirty minutes. Remove, lift up with a skimmer, place on a dish, and serve.

319. POTATO ROLLS

Wipe and roast in a moderate oven for forty-five minutes six good-sized, white, raw, unpeeled potatoes. Remove, scoop out all the insides, and, with the aid of a wooden spoon, press the scooped potatoes through a wire sieve into a small saucepan, adding half an ounce of good butter, two egg yolks, half a gill of cream, half a teaspoonful of salt, two saltspoonfuls of pepper, and a saltspoonful of grated nutmeg. Set pan on range, and sharply stir with a wooden spoon while heating for five minutes. Remove, beat the whites of the eggs to a stiff froth, and gradually add to the potatoes, mixing well meanwhile. Dip two tablespoons in melted butter; with one take up as much of the preparation as it can hold, and repeatedly turn the potato from one spoon to the other, so as to give a nice smooth roll form; place in a lightly buttered tin, and proceed the same with balance of the potato preparation. Set in a brisk oven until a nice golden colour, or about eight or ten minutes; remove, take up with the blade of a knife, dress on a dish, and serve.

320. POTATO ROSES

Fill a pastry forcing-bag with duchess potato mixture (see No. 275). Hold the bag in an upright position, tube pointing downward, and force out the potato; at the proper moment press the tube gently into the mixture and raise it quickly, to break the flow. To make another style of rose, use a six-pointed tube, points almost meeting.

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Hold the bag in a position at right angles to that indicated in the first case, and force out the potato in a deeply cleft cord, which is coiled round and round in smaller and smaller circles; or shape in bow knots. Shape the roses on a buttered tin sheet, brush over with beaten egg, diluted with milk or water, and brown in the oven. Remove with a spatula or broad-bladed knife, and use as a garnish for meat or fish. Smaller roses may be arranged between the larger ones, so as to make a solid wall, to retain what may be served within. Sometimes the whole wall is built up of small roses.

321. POTATOES RICED

Pass through a coarse sieve eight hot, boiled potatoes; add three tablespoonfuls of butter, half a teaspoonful of salt, and about half a cup of hot milk or cream; beat thoroughly with perforated cake-spoon, and again pass through the sieve round about the meat.

322. POTATO RISSOLES

Boil and mash some potatoes; add to them finely chopped parsley, onion, salt, pepper, and make into small balls. Flour them, and fry a nice brown.

323. POTATO SANDERS

Mix with cold, boiled potatoes, mashed up or passed through a sieve, enough flour to make a paste (*i.e.* nearly half their weight in flour). Dripping rubbed in—about four ounces to the pound—will greatly improve the paste, but will be debarred from the strict vegetarian. Roll out the paste about half an inch thick, and cut it in small squares. Soak some breadcrumbs in a very little water, just enough to moisten them well; mix in with them

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some minced parsley, herbs, a little minced onion, and salt. Put a little of this mixture into each square of paste, roll up, and bake as a sausage roll.

324. POTATOES IN SAUCE

Make some melted butter, flavoured with lemon-juice; cut some cold boiled potatoes in slices, with pepper and salt; put them in a dish in the oven, and throw over them the melted butter; cover the dish, and bake for twenty minutes.

325. POTATOES WITH WHITE SAUCE

Put into a saucepan a small slice of butter, with a little flour, diluted with a little stock, to which add some salt and pepper, and thicken it over the fire; having boiled the potatoes, peeled them, and cut them into slices, pour this sauce over them, and serve hot. To vary the flavour, some minced capers or a little chopped parsley may be added to the sauce.

326. POTATOES SAUTÉ, No. 1

Cut some cold boiled potatoes into slices, and fry them in a frying-pan; season with pepper, salt, and a good handful of chopped parsley. Turn them over, fry a good brown, and serve very hot.

327. POTATOES SAUTÉ, No 2

Take some sound potatoes; wash, peel, and par-boil; then drain, dry, slice, and fry them. The thinner they are cut, the more carefully they must be fried. Be sure that the fat is absolutely boiling (you can tell by a thin blue smoke). When they are nicely browned on both sides, drain and dish up, dusting a little salt over, and sprinkling at pleasure with some finely chopped parsley.

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328. POTATO SAVOURIES

Boil and mash some potatoes; moisten with milk; add a seasoning of salt, pepper, chopped herbs, and grated lemon-rind. Have some small patty-pans buttered and dusted with fine crumbs; fill these with the potato mixture, lay a little bit of butter on the top of each, and brown them in a moderate oven.

329. POTATOES SEETHED

A number of small potatoes, or if large potatoes, cut in slices, are put into a cast-iron pot *without a lid*, with a sprinkling of salt, to which is sometimes added a small piece of butter, with very little water. No person who has not eaten potatoes thus prepared can conceive how delicious they are.

330. POTATOES SCALLOPED

Pare five or six potatoes, and cut in thin slices; dispose these in a buttered baking-dish in layers; sprinkle the layers with salt and pepper, onion-juice, and finely chopped parsley; dredge with flour, and add a few bits of butter. Pour just enough hot milk over the potatoes to cover them, and bake in a moderate oven about an hour and a half. This dish may be prepared with cold, boiled potatoes, and the time of cooking cut down nearly one-half; also the quantity of milk required is less.

331. POTATOES, SNOW

Boil twelve medium potatoes with jackets on in two quarts of water, with a teaspoonful of salt, for thirty minutes. Drain, peel, season with half a teaspoonful of salt and three saltspoonfuls of white pepper, then rub them through a sieve into a serving-dish, and serve. (Carefully avoid touching the potatoes after they drop from the sieve.)

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332. POTATO SOUFFLÉ

Neatly wipe and place six good-sized, sound potatoes in a roasting-pan and place in oven for forty-five minutes, turning once in a while. Remove, cut each potato in half lengthwise, then scoop out interior; press meat through sieve into a saucepan, add half an ounce of butter, two egg yolks, half a teaspoonful of salt, two saltspoonfuls of pepper, and one tablespoonful of cream; sharply stir on fire with wooden spoon while heating for five minutes, then remove to a table. Beat up whites of three eggs to a stiff froth, add to potatoes, and gently mix. Evenly divide preparation in the twelve shells; with a lightly buttered knife-blade neatly smooth surface of each, place on a tin, and set in brisk oven for fifteen minutes; remove, dress on hot dish, and serve.

333. POTATOES STEWED, No. 1

Have two tablespoonfuls of flour and three ounces of butter well browned in a stewpan. Stir in half a pint of stock and two tablespoonfuls of lemon-juice. Take about eight fair-sized potatoes, peel and cut into thin strips, and let them simmer slowly in the gravy till quite tender, but do not let them break. If the gravy requires a little more thickening, remove the potatoes first into a hot vegetable dish; then thicken the gravy and pour it over them.

334. POTATOES STEWED, No. 2

Take a pipkin—*having a lid.* Lay in it one or two or more rows of potatoes, with the skins scraped off, and cut into slices. Sprinkle a little pepper and salt over them, then lay a row of onions, next, if it can be afforded, a mutton chop;

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let there be layers of potatoes, onions, pepper and salt and mutton, until the pipkin is filled. If mutton cannot be afforded, use a very small portion of dripping or mutton suet; add a teacupful of water. Put the pipkin, *with the lid made to fit close* over it with a piece of linen cloth, into a pan of water *without a lid*. Let the water boil very slowly, or rather simmer, for five or six hours. Potatoes, when thus prepared, afford a most savoury and nourishing meal.

335. POTATOES STEWED, No. 3

Boil five good-sized, sound potatoes in a quart of boiling water with a teaspoonful of salt for thirty-five minutes; peel and slice them rather thin. Heat half an ounce of butter in a saucepan; add one teaspoonful of flour, mixing well. Now add one gill and a half of boiling milk and half a gill of hot cream. Mix well with wire whisk. Drop the potatoes into the pan. Season with half a teaspoonful of salt, two saltspoonfuls of white pepper, and one saltspoonful of grated nutmeg, also half a teaspoonful of butter. Toss them well and let cook ten minutes. Pour on a hot dish, sprinkle half a teaspoonful of chopped parsley over, and serve.

336. POTATOES STEWED IN MILK

Cut some potatoes, waxy ones for choice, into slices. Melt two ounces of butter in a pan; add to this gradually one ounce of flour, and stir it gently together without allowing the flour to colour; then add in by degrees one pint of cold milk, stirring all the time; directly this reaches the boil, put in the potatoes, being careful to see they are well covered by the liquid; add a seasoning of salt, and put on the lid tightly; then let the whole simmer gently at the side of the fire till the potatoes are cooked;

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this will take about half an hour. Five minutes before serving sprinkle in some finely minced parsley, and serve.

337. POTATO STRAWS, No. 1

Take three large raw potatoes, peel, wash, and cut them into straw-like strips. Wash again and drain, and place in a wire frying basket. Let fry in boiling fat for five minutes; they should be of a light golden colour. Remove and drain thoroughly, sprinkle with salt, and serve with cut lemon.

338. POTATO STRAWS, No. 2

Take some good evenly shaped, raw potatoes, slice them into straws about a quarter of an inch thick, and wash these in cold water. Dry them with a cloth, and fry in boiling fat till they are a golden brown. They must be drained, sprinkled with salt, and served with a dusting of finely minced parsley.

339. POTATOES STUFFED, No. 1

Take ten good-sized potatoes; clean, and bake in their skins in a sharp oven. When they are quite soft, slice off one end of each, scoop out the inside, and mash it thoroughly with salt, pepper, milk, and butter. When thoroughly blended, refill the potato skins, smear a little melted butter over the cut end, and put back in the oven till this is brown.

340. POTATOES STUFFED, No. 2

Neatly wipe eight even-sized, large, raw potatoes; place them in a roasting-tin and bake in the oven for forty-five minutes; remove, cut in two lengthwise, then with a teaspoon scoop out the interiors into a bowl, and keep six shells apart. Season the potatoes with a half-teaspoonful of salt, two saltspoonfuls

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of pepper, and a saltspoonful of grated nutmeg; add half an ounce of butter and half a gill of cream. Mix well with a wooden spoon, then fill up the six half-shells with the purée; neatly smooth the surface with the blade of a knife, sprinkle a tablespoonful of Parmesan cheese evenly divided over them, place on a roasting-tin, and arrange a very little bit of butter over each potato. Set in the oven for ten minutes, dress on a dish, and serve.

341. POTATOES STUFFED, No. 3

Skin and parboil six large potatoes; scoop out a good deal of the inside; fill with forcemeat, having a few breadcrumbs and butter over each opening; place them in a tin in the oven, and bake for at least two hours, or until the potatoes are quite tender.

342. POTATOES STUFFED WITH ANCHOVIES

Thoroughly wipe eight medium, peeled, raw potatoes; place in a roasting-pan, and set in oven for forty-five minutes, turning them once in a while. Remove, cut them in two lengthwise, thoroughly scoop out insides; place meat in a bowl, add an ounce of butter, twelve anchovies in oil cut in small pieces, half a teaspoonful of salt, three saltspoonfuls of pepper, and a saltspoonful of grated nutmeg. Sharply stir with wooden spoon until smooth, then gradually pour in half a gill of hot milk, sharply stirring while adding it. With a spoon fill up cavities of twelve shells (only) of potatoes with the purée, lay them in a tin, sprinkle a little grated Parmesan cheese over, and place a little bit of butter on top of each potato. Set in oven for fifteen minutes; remove, dress on a hot dish, and serve.

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343. POTATOES STUFFED WITH CHEESE

Take eight equal-sized potatoes, bake them, and cut a slice off each. Scoop out as much of the inside as you can, and pass it through a sieve; season it with salt, pepper, and nutmeg; add a third of its quantity in grated cheese; moisten with three beaten yolks and a little milk. Whisk stiff the whites of three eggs, and quickly fold them into the mixture. Fill the hollowed potatoes with it, return them to the oven, and serve hot, with a garnish of fried parsley.

344. POTATOES SYRACUSE

Select potatoes of medium size and smooth skin and scrub clean; have ready a kettle of brine at the boiling-point; put in potatoes, cover, and boil until tender; remove from the water, and drain. Serve at once. The outside will be covered with salt crystals, and the inside will be white and mealy.

345. POTATOES VERT-PRÉ

Remove the stalks and thoroughly wash a pint of very fresh spinach leaves; drain, and plunge in a quart of boiling water with a teaspoonful of salt for ten minutes. Drain on a sieve and press out all the water, then chop them exceedingly fine. Prepare a mashed potato preparation, add and mix well the spinach with the potatoes, dress on a vegetable dish, neatly smooth all around with the blade of a knife, and serve.

346. POTATOES VIENNOISE

Prepare the same quantity of potatoes as for potato brioches (see No. 262). Divide the purée into six equal parts. Sift a little flour on the corner of the table. Roll out each piece to a nice oval

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form. Slightly flatten them with the blade of a knife to the forms of Vienna bread; then with the knife again make a double incision lengthwise on the surface of each. Lightly butter a baking-pan, and lay the potatoes into the pan; lightly glaze the surface of each with the yolk of an egg, then place them in a very brisk oven to bake for twelve minutes. Remove, dress on a hot dish, and serve.

347. POTATOES VILLAGEOIS

Peel, wash, and cut in quarter-inch squares four good-sized potatoes; place in a small saucepan with a pint of white broth, season with half a teaspoonful of salt, two saltspoonfuls of pepper, and a saltspoonful of grated nutmeg; tie in a bunch two branches of parsley and a clove of garlic, and add to the potatoes; cover the pan, boil for five minutes, then place in the oven for twenty minutes more. Remove, take up the bouquet, add half a tablespoonful of good butter and three tablespoonfuls of cream; gently mix for a minute, pour into a vegetable dish, and serve.

348. POTATOES VOISIN

Peel and wash four medium, sound potatoes, then finely slice them. Mix on a plate a teaspoonful of salt with half a teaspoonful of white pepper and two saltspoonfuls of grated nutmeg. Lightly butter a round earthen dish, arrange half the quantity of potatoes, sprinkle half the mixed seasoning, and dredge two tablespoonfuls of grated Parmesan cheese over them; arrange balance of potatoes on top, and sprinkle with the rest of the seasoning. Moisten with a gill of white broth, tightly cover the dish, place in the oven, and bake for forty minutes. Remove, and send to table without uncovering.

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349. POTATOES WARMED IN MILK

Melt two or three tablespoonfuls of butter in a frying-pan, and in it toss a pint of cold, boiled potatoes, sliced thin; when the butter is absorbed, sprinkle with salt, and add enough milk to show between the slices; cover and let cook until the milk is nearly absorbed; then turn into a hot serving-dish. Sprinkle with finely chopped parsley.

SWEET POTATOES

NOTE.—These are the potatoes first used in England, known also in Elizabethan days as "Skirrets of Peru." Yet they are not true potatoes, or Solanums, at all; but the tubers of a species of convolvulus, *Ipomœa batatis*. They are very little used or grown in this country; but in America they are a common viand, being digestible, nutrient, and satisfying. They are large, coarse, and thick-skinned; as a rule somewhat pasty and slimy as compared to the flouriness of true potatoes—one might almost suppose they contained lard or other fatty matter. A liking for sweet potatoes may be considered an acquired taste; but, properly cooked, they can be made quite alluring. They are mostly served as sweet dishes.

Preparation.—As for ordinary potatoes. If plainly boiled, they should be cooked in their skins, which must be removed before serving.

350. SWEET POTATOES BAKED

Select six good-sized, sound sweet potatoes. Slightly trim off both ends, wipe and place them on a tin plate, baking in the hot oven for forty-five minutes, and turning them over every ten minutes. Remove, and serve on a hot dish.

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351. SWEET POTATOES BAKED IN THE HALF SHELL

Select shapely sweet potatoes of even size; wash and scrub with care. Bake and cut in halves, lengthwise. Remove the pulp from the skins, and pass it through a coarse sieve. Season with salt, butter, and cream. Beat until smooth, then refill the skins with the mixture, using pastry-bag and star tube. Reheat before serving. If desired, dust the tops with powdered sugar and cinnamon before reheating.

352. SWEET POTATOES CANDIED

Pare and parboil half a dozen sweet potatoes cut in halves lengthwise. After ten minutes' boiling, drain, and lay in a baking-dish. Spread thickly with butter, sprinkle with sugar, and, if desired, a little powdered cinnamon; add a few spoonfuls of hot water, and bake until tender, basting often with the sauce in the pan. Use brown sugar.

353. SWEET POTATO-AND-ALMOND CROQUETTES

Bake several sweet potatoes. As soon as they are soft, break apart, scrape out the pulp, and pass through a squash strainer. To each pint of pulp add one teaspoonful of salt, two tablespoonfuls of butter, one beaten egg, three tablespooonfuls of blanched almonds, chopped and pounded in a mortar, and hot milk, or cream, to make of a consistency to handle. Form into the shapes of apples and pears, egg-and-breadcrumb, and fry in deep fat. Finish with stalks of parsley for stems.

354. SWEET POTATOES, SOUTHERN STYLE

Into a large flat-bottomed saucepan put one-fourth of a cup of butter and two tablespoonfuls

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of sugar. When hot, lay in raw sweet potatoes pared and cut in halves, lengthwise, to cover the bottom; season with salt and pepper, and cover not very closely with another layer of potatoes. Pour on boiling water to half-cover the lower layer, cover the vessel tightly, and set where the heat is gentle. When the lower layer is browned, remove to the top, letting the other brown. When both layers are tender, the water should have evaporated, leaving a little sauce to pour over the potatoes in the serving-dish. If preferred, this dish may be cooked in a casserole in the oven.

RADISHES

NOTE.—These have been eaten and relished for thousands of years: but they do not agree with many people, though if fresh from your own garden they are quite wholesome.

Although usually regarded as salading, radishes make a good cooked vegetable; either the leaves or the roots can be used. Round or turnip radishes are the best for this purpose.

Preparation.—Remove the leaves, close against the ball of the radishes; trim away the root; wash well, but do not scrape or peel unless they are very old.

355. RADISHES BOILED

Prepare as above, put into fast-boiling salted water; boil till tender—say about half an hour. Drain, dish, and serve with a white sauce.

356. RADISH LEAVES BOILED

Only sound young leaves should be used. Let them lie in cold water for at least half an hour, then drain and shake them, and put them into fast-boiling

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salted water. Boil till tender—say about half an hour. Strain off the water, chop the leaves small, add a little butter, pepper, and salt, reheat, and serve with fried croûtons. Or treat by any of the methods for spinach.

357. RADISHES CURRIED

Take some large firm radishes; wash, and cut them up in large cubes, but do not peel them. Place them in a pan of hot olive oil, and let them cook for thirty minutes, continually stirring them or they will burn. When they are quite tender, add one teaspoonful of curry-powder and a sprinkling of salt. Serve immediately.

RAMPION

NOTE.—This native British plant, of the Campanula or Bellflower tribe, has fallen into disuse as a market vegetable, though still privately cultivated by some. Abroad it is held in more favour. The long, fleshy, carrot-shaped white roots are edible, either boiled or used raw in salads.

Various curious superstitions and fairy-tales are attached to this plant, such as the legend of *Rapunzel* (Rampion), familiar to all readers of Grimm or of William Morris.

Preparation.—Wash and scrape the roots; throw them, as you do so, into a bowl of cold water with two tablespoonfuls of vinegar or lemon-juice. Leave them five minutes, then proceed to cook them.

358. RAMPION BOILED

Prepare, as above, about a dozen roots. Have ready boiling, in a lined pan, half a pint of water, quarter of a pint of milk, half an ounce of butter,

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two slices of lemon, half a teaspoonful of salt. Boil until tender—say about one hour and a quarter. Remove, drain, and serve whole with white sauce, melted butter, or Sauce Hollandaise; or thicken the liquor in which they were cooked.

SALSIFY (OR OYSTER-PLANT) AND SCORZONERA (OR VIPER'S GRASS)

NOTE.—These two vegetables, being so very much of a muchness, are usually dealt with together. Salsify is one of the goat's-beard species, commonly known as "John-go-to-bed-at-noon" from its extraordinary habit of early-closing. Both are hardy herbaceous plants, salsify being biennial and scorzonera perennial, and in both cases it is the long fleshy tapering roots which are cooked and eaten. Scorzonera (also known as black salsify) is on the whole the better of the two; but neither is so much used as was formerly the case, which seems a pity, as they make a nice variety as a winter vegetable.

Preparation.—For salsify, wash and scrape a dozen or so of roots, place them for about five minutes in cold water acidulated with two tablespoonfuls of lemon-juice or vinegar; then put them in a lined stewpan in which you have ready boiling three-quarters of a pint of mixed milk and water, half an ounce of butter, seasoning of salt and pepper, and a couple of slices of lemon. Let boil fast till tender, which will not be under an hour. Remove, drain, and serve, with a sauce separately; Sauce Hollandaise, *beurre fondu*, and melted butter, are suitable.

Scorzonera may be treated exactly the same, with one exception; wash, but do not scrape it—instead, peel it after cooking. Take care not to let it grow cool in this process.

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359. SALSIFY BOILED

Take salsify roots, scrape them and cut them into small lengths (about three inches); leave them in a bowl of cold water, with a squeeze of lemon-juice, till you have a pan of fast-boiling salted water ready for them. Let them boil quickly for one hour; when quite tender, they must be drained and laid on buttered toast, and a good white sauce poured over them.

360. SALSIFY CROQUETTES

Boil some salsify as above; when it is quite tender, put it through a coarse sieve or colander; add a little salt, pepper, butter, milk or cream, and a squeeze of lemon-juice. Beat thoroughly till the mixture is smooth and stiff; then shape, cover with egg and breadcrumbs, and fry.

361. SALSIFY FRIED

Proceed as for boiled salsify, and, when it is tender, drain it thoroughly and dry it in a cloth. Prepare a batter with one tablespoonful of butter, six tablespoonfuls of flour, half a teaspoonful of salt, a little water, and two beaten eggs. When this is quite smooth, dip in the pieces of salsify; let them be well coated with the batter, and fry them in boiling fat. When they are a nice golden brown, remove, drain, and serve.

362. SALSIFY FRIED IN BUTTER

Scrape and trim well a bunch of good fresh salsify roots. Place in cold water with two tablespoonfuls of vinegar for five minutes. Remove, drain, cut into pieces one inch long. Put into a saucepan with one tablespoonful each of salt, vinegar, and flour, and three pints of cold water. Cover the pan and

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boil slowly for forty minutes. Drain well, wipe gently. Heat in a frying-pan one and a half tablespoonfuls of butter; put the salsify in, with two saltspoonfuls of salt and one of white pepper; toss and shuffle them for five minutes. Add the juice of half a lemon, and a teaspoonful of parsley finely minced. Gently toss for a minute more, and serve.

363. SALSIFY SCALLOPED

Proceed as for boiled salsify; then dust a buttered pie-dish with fine crumbs, putting a layer at the bottom, and place a layer of salsify next, sprinkled with salt, pepper, melted butter, and minced parsley. Repeat till the dish is full; then pour in milk, from a pint to a quart, according to size, and bake in a moderate oven for an hour and a half.

SEAKALE

NOTE.—This pleasant and nutritious vegetable reverses the general rule as regards our apathy towards native growths; for whereas seakale, or sea-colewort, a coast plant, has been eaten locally for some centuries, and sold in London markets for at least two hundred years, it has never "caught on" over-seas. It is practically ignored in Continental and in Transatlantic cookery-books; and, although it is easy to grow, and a hardy perennial, it is for some inscrutable reason considered, with us, more or less of a delicacy and luxury. It should be much more popular than it is. For those who require alkaline properties in food, it is especially advisable.

Preparation.—Wash the seakale, and make into small bundles, as with asparagus, leaving only just sufficient of the main stump to prevent the branches falling asunder. Place in boiling salted water, and

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let boil till tender—about twenty-five to thirty minutes. Serve in any of the ways directed for asparagus, and accompanied with similar sauce in a separate dish. Cold cooked seakale comes in useful for salads if no sauce has been poured over it. Seakale may be also treated by most of the methods suggested for cooking asparagus.

364. SEAKALE BOILED

Wash the seakale, and fasten it up in small neat bundles. Place it in boiling salted water, sufficient just to cover it; let it boil till tender. Remove, drain, unloose the bundles, and serve upon toast, plain or buttered, with a good white sauce poured over.

365. SEAKALE STEWED

Wash, tie up, and parboil the seakale; then drain and place it in some good gravy at boiling-point in a stewpan; let it stew gently for about fifteen minutes. Remove, and place it on toast in a hot dish; slightly thicken the gravy and pour it over.

SKIRRETS

NOTE.—Skirrets (which are usually mentioned in the plural) remind one of the little girl Jemima in the nursery lyric commonly attributed to Longfellow. "When she was good, she was very, very good; and when she was bad, she was horrid." That is to say, it all depends upon your individual personal taste whether you love or hate the skirret. It is originally a Chinese plant, and suggests, in its flavour and appearance, something exotic and unknown. "This is that skirret which *Tiberius* the Emperor commanded to be conveied unto him from Gelduba, a

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castle about the river of Rhine," and which afforded that connoisseur so much enjoyment "that he desired the same to be brought unto him everie yeare out of Germanie." Its fleshy, tuberous white roots are slightly sweet, and went by the name of sugar-root in the Netherlands; but the taste is decidedly peculiar. According to Gerarde, it may be boiled, stewed, baked, and made into pies, sliced or pulped. In Scotland, skirret was termed crummock. It is rarely seen upon our present bills of fare, but might well be revived, if only for a change, and as a useful winter vegetable.

Preparation.—(*a*) as for salsify; (*b*) as for parsnips (which see).

366. SKIRRETS BOILED

Take about a dozen roots of skirret, wash and scrape them well, and drop them into a bowl of cold water, acidulated with vinegar or lemon-juice. Leave them there five minutes, or until you have ready boiling, in a lined pan, three-quarters of a pint of mixed milk and water, one dessertspoonful of butter, salt, and two good slices of lemon with the pips removed. Boil until quite tender—say an hour at least. Drain well, and serve whole, with *beurre fondu* or Sauce Hollandaise.

367. SKIRRETS BAKED

Proceed as above, but when the skirret is boiled and drained, cut it up in inch-long pieces; place a layer in a buttered pie-dish, sprinkle with salt and pepper, and cover with béchamel sauce. Repeat until the dish is full; then dust thickly with grated cheese, strew with dots of butter, and set in a good oven till the top has browned lightly.

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SORREL

NOTE.—A sorrel-bed was at one time indispensable in every well-kept garden; but the cultivation of this wholesome vegetable has been neglected of recent years in Britain. In Continental countries it is much and wisely esteemed. The best sorrel available for culinary purposes is French. It has a peculiar but fascinating acidity, from which some people are averse; to modify this acidity, sorrel may be mixed with spinach or with lettuce, and a certain amount of sugar is usually added in cooking it. It is occasionally employed as an adjunct to salads; but do not use too much of it.

Preparation.—Sorrel should be well picked, and the stalks removed, as with spinach. If the leaves be large and past their first youth, shred them, tearing away the midrib. Sorrel, like spinach, needs to be well washed and drained.

368. SORREL BOILED

Prepare as above, using plenty of water and several washings; drain, shake, and put in a stewpan, using one ounce of butter and one teaspoonful of sugar to each quart of sorrel. No water is required. Let it cook gently till quite tender and considerably reduced, then dredge in a little flour. Stir well over the fire, pass through a sieve; return to the pan, add another ounce of butter, and a dust of sugar; beat up thoroughly, and serve.

See also any of the methods used for Spinach; but remember to include a little sugar.

SPINACH

NOTE.—This attractive and useful plant appears to have been cultivated in British kitchen gardens ever since the sixteenth century, when it was

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brought in, like so many others, by the Dutch and Flemings, who had been growing it for at least two centuries earlier. It is supposed to have come originally from Asia, through Spain; a curious Odyssey of wanderings for so simple and unpretentious a vegetable.

Preparation.—As cooked in England, spinach is spoiled, in nine cases out of ten, by using too much water, which not only washes away its mineral salts, but deprives it of individual flavour. It should be cooked in its own juices, if possible, the amount of moisture adhering to the leaves being quite sufficient. Let it be carefully picked over, well washed, then dried by swinging the leaves to and fro in a piece of butter-muslin. Place the leaves in a double-boiler, or other vessel surrounded by boiling water, for twenty to twenty-five minutes. Remove them from the fire, chop them fairly finely, add a little butter, pepper, and salt, and serve in a hot dish.

The following recipes mostly follow the usual fallacy of "drowning the miller" in water; but you have your choice of the better way.

369. SPINACH À L'ANGLAISE

Trim away the stale leaves and stalks, clean and wash carefully in three different waters three quarts of fresh and sound spinach. Have in quite a large saucepan one gallon of boiling water with one tablespoonful of salt. When the water is thoroughly boiling, plunge in the spinach. Cover the pan, and allow to thoroughly boil for ten minutes. Lift it up with a skimmer. Lay on a sieve to drain well.

Lightly brown in a saucepan one ounce of good butter, then add the well-drained spinach. Season with half a teaspoonful of salt, two saltspoonfuls of white pepper, adding one teaspoonful of powdered

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sugar. Mix well with a fork occasionally while cooking for five minutes.

370. SPINACH BALLS

Melt two tablespoonfuls of butter; add two tablespoonfuls of flour and half a teaspoonful of sugar. When blended, add a tablespoonful of cream and three-quarters of a cup of cooked spinach, chopped fine. Beat well, remove from the fire, and add two eggs, one at a time. Season with salt and pepper, to taste, and a few grains of mace. Butter a tablespoon and fill with the spinach mixture, making it level with the edge of the spoon, and poach in a saucepan of boiling water four or five minutes or until firm. The water must not boil hard, but simply simmer very gently at one side. Six or more balls may be cooked at one time. Let drain in a colander while making a cream sauce; reheat the balls in the sauce, and serve. A teaspoonful of the sauce with three or four capers in may be placed on the top of each ball, and the rest of the sauce poured around the balls.

371. SPINACH À LA BÉCHAMEL

Drain the spinach and chop fine, or pass through a sieve. Return to the saucepan, and for each pint of spinach add a tablespoonful of butter, salt and pepper. Stir over the fire until the spinach is hot; then add the beaten yolk of an egg diluted with one-third of a cup of cream. Stir and cook a moment, or until blended.

372. SPINACH BOILED

Take two pounds of spinach, pick it carefully to remove any withered leaves or bits of weed, cut off the stalks, and place it in a large bowl of cold water. Wash the leaves in this by moving them up and

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down, but do not bruise, squeeze, or break them. Lift them out carefully into another bowl of water, and wash as before; if you do it a third time, so much the better, but be sure to remove the spinach from the water; don't drain the water off the spinach, or you will get all the sand and grit back which you have just washed off. Place the spinach in a pan with a little salt; by careful watching, you can boil it in its own moisture—this is much the best; but, otherwise, only put just enough boiling salted water to cover it. After about twenty minutes' boiling, drain off the water, and chop the spinach very small in a heated bowl. Heat a tablespoonful of butter in a stewpan, put in the spinach, add salt and pepper to taste; let it get well heated, and serve on buttered toast in a hot dish. Halved hard-boiled eggs may be placed on top at discretion.

373. SPINACH WITH CREAM

Procure three quarts of fresh spinach. Discard all stale leaves or stalks, if any adhering, then wash in three different fresh waters; take them up and drop into a pan with one gallon of boiling water, with a tablespoonful of salt, and let boil for five minutes. Drain well on a sieve and completely squeeze the water out, then hash up very finely. Have one ounce of melted butter in a saucepan with two tablespoonfuls of flour; stir well with a wooden spoon while heating for one minute; then pour in three-quarters of a gill of cold cream and same quantity of cold milk. Season with a teaspoonful of salt, one saltspoonful of cayenne pepper, and a saltspoonful of grated nutmeg, and briskly whisk for one minute; add the spinach, mix well with a spoon, cook for five minutes, and serve in a vegetable dish.

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374. SPINACH IN A CROWN OF EGGS

Cook a peck of spinach in boiling salted water until tender, then chop fine. Melt two tablespoonfuls of butter and cook in it, without browning, two tablespoonfuls of flour; add a grating of nutmeg and the spinach. When well blended, add half a cup of stock, or water in which the asparagus was cooked. Form into a mound and garnish with hard-boiled eggs. The white of egg, cut from the half eggs to make them stand level, may be chopped fine and massed on the top of the mound.

375. SPINACH WITH GRAVY

Boil and chop some spinach, or rub it through a sieve; place it in a stewpan with one ounce (two tablespoonfuls) of butter, season with salt and pepper, and mix well. Dust in a teaspoonful of flour, add half a pint of good gravy, let boil fast for five or six minutes; add a good squeeze of lemon-juice, and serve very hot on toast or fried bread.

376. SPINACH (MARTHA)

Trim off the stalks of three quarts of fresh spinach, discarding the stale leaves, if any. Thoroughly wash and rapidly drain, plunge them in a gallon of boiling water with a tablespoonful of salt, and boil for ten minutes. Take them up with a skimmer, drain on a sieve, press out all the water, and chop very finely, then place them in a saucepan. Cut three slices of sandwich bread in one-third-inch square pieces, and place on a plate; pour over them a tablespoonful of vinegar, then brown them in a small frying-pan, with a tablespoonful of melted butter, to a good golden colour, and add them to the spinach, with two hard-boiled eggs cut into eight pieces each, half an ounce of butter, half a teaspoon-

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ful of salt, half a teaspoonful of sugar, one saltspoonful of grated nutmeg, and half a gill of cream. Mix well with a wooden spoon, and cook for ten minutes, lightly mixing once in a while; dress on a vegetable dish, and serve.

377. SPINACH OMELET

Remove stalks and stale leaves from a pint of fresh spinach, thoroughly wash and drain, plunge into a pint of water with half a teaspoonful of salt, and boil for ten minutes. Drain on a sieve, press out all water with the hands, and chop up exceedingly fine. Place in a small saucepan with half an ounce of butter, half a gill of cream, two saltspoonfuls of salt, half a teaspoonful of sugar, and a saltspoonful of white pepper; stir well while heating for two minutes.

Prepare a plain omelet, and, just before folding up, spread over a third of the quantity of the spinach; fold up, turn the omelet upon a hot dish, arrange the rest of the spinach at both ends of the dish, and serve.

378. SPINACH WITH POTATO CROQUETTES

Boil four good-sized, peeled potatoes in two quarts of water, with a teaspoonful of salt, for thirty minutes; drain, then press them through a potato masher into a saucepan; add two egg yolks, half an ounce of butter, half a teaspoonful of salt, three saltspoonfuls of pepper, and sharply stir on the fire for two minutes. Pick off the stalks and any stale leaves adhering to a pint of fresh, very green spinach, thoroughly wash in running water, drain on a sieve, plunge in a quart of boiling water in a small saucepan with half a teaspoonful of salt, and boil for ten minutes; place on a sieve and press with a skimmer to press out all the water; finely chop

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and add to the potatoes, and briskly stir for one minute. Roll out the preparation on a lightly floured table in twelve equal, cork-shaped pieces, lightly dip in beaten egg, then roll them in bread-crumbs. Arrange in a frying-basket and fry in boiling fat for eight minutes; remove, drain, and serve.

379. SPINACH WITH SARDINES

Heat one cup of grated breadcrumbs in a quarter of a cup of butter; add a peck of spinach leaves, cooked and chopped, and the flesh of a dozen or more sardines. Mix and add broth if needed, also salt and pepper. When hot form into an oblong. Garnish with slices of eggs, and place sardines over the top. Serve as a luncheon dish. Cooked spinach makes a good mound against which broiled chops may be served.

380. SPINACH TIMBALES

Remove stalks and any stale leaves adhering from two quarts of fresh spinach; thoroughly wash in several changes of water, drain, then plunge in two quarts of boiling water with a teaspoonful of salt, and boil ten minutes; drain on a sieve, and with a skimmer press out water; then finely chop, place in a saucepan with half a teaspoonful of salt, half a teaspoonful of sugar, two saltspoonfuls of white pepper, a saltspoonful of grated nutmeg, and three egg yolks; place pan on fire and stir with wooden spoon while heating five minutes. Remove, lightly butter six individual pudding moulds, then fill with the spinach; lay moulds in a baking-tin, cover with a sheet of buttered paper, set in oven ten minutes; remove, unmould, and use as required.

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381. SPINACH AU VELOUTÉ

Pick off stalks, remove stale leaves, and thoroughly wash three quarts of fresh, green spinach; plunge in a gallon of boiling water with a tablespoonful of salt, boil ten minutes, thoroughly drain on sieve; with a skimmer press out water, chop very finely, and then place in a saucepan. Mix in another saucepan one tablespoonful and a half of melted butter with two level tablespoonfuls of flour. Pour in three-quarters of a pint of white broth, mix well until it comes to a boil, let reduce to half, then strain sauce through a gravy strainer into spinach, adding half a teaspoonful of salt, half a teaspoonful of sugar, a saltspoonful of cayenne, a saltspoonful of grated nutmeg, and half an ounce of good butter. Mix well, place pan on fire, and cook for ten minutes, frequently stirring meanwhile; remove, dress on a vegetable dish, smooth into a dome form, arrange six triangular bread croûtons around, and serve.

382. SOUBRICS OF SPINACH

Remove the stalks and discard all stale leaves from three quarts of fresh spinach; thoroughly wash in plenty of cold water, drain on a sieve, then plunge into three quarts of boiling water, with a tablespoonful of salt, and boil for ten minutes. Place them on a sieve, press out all water with a skimmer, then finely chop and place in a stew-pan; add one ounce of Parmesan cheese, two egg yolks, half a teaspoonful of salt, two saltspoonfuls of cayenne, and one saltspoonful of grated nutmeg; place pan on fire, sharply stir with spatula for eight minutes or until thoroughly dry, then set pan on corner of range.

Thoroughly heat one tablespoonful and a half of melted butter in large frying-pan; take up a table-

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spoonful of the spinach and drop it in the batter. Rapidly continue operation until finished; then cook spinach for two minutes on each side, or until a light brown colour; lift up, drain on cloth, dress on dish, pour cream sauce over, and serve.

TOMATOES

NOTE.—The tomato, really a fruit, is here for convenience' sake classed along with vegetables. It is a member of the remarkable *Solanaceæ* order already discussed, and is a near kinsman of the potato, egg-plant, and capsicum. It was introduced into England from Southern Europe, during the Elizabethan period, and termed the Apple of Love, or sometimes *Pomum aureum*; originally, however, it was a native of South America, and its name is derived from the Mexican *tomatl*. For at least three centuries the tomato has been gradually widening in popularity, until at last, from a lonely position of select aristocratic expensiveness, it has become one of the commonest and (frequently) cheapest of fruit-vegetables, an everyday constituent of the costermonger's collection. Of course there are tomatoes *and* tomatoes. The English-grown ones are incomparably the best; but for cooking, as distinguished from salad purposes, the foreign ones, if sound, will suffice. Avoid, however, unripe and green ones; and on no account buy pulpy over-ripe ones. If you cannot obtain the happy medium, it is better to do without them.

Preparation.—Varies according to the nature of the dish, but in every case the tomatoes should be gently wiped with a soft towel, the stalks and flower-tops removed; and, if it be desirable to skin them, plunge them for a minute into very hot water; they can then be easily skinned with a sharp knife.

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383. TOMATOES BAKED, No. 1

Take sound large tomatoes, peel and slice them thickly. Place them in the bottom of a large well-buttered dish, and sprinkle them with a little melted butter, some finely chopped parsley, salt and pepper, a little castor sugar, and a squeeze of lemon-juice. Bake for seven to ten minutes, and serve on fried croûtons.

384. TOMATOES BAKED, No. 2

Cut six or eight tomatoes into thick slices; lay them in a deep baking-dish with plenty of salt; take two ounces of butter, cut it up into little bits, and sprinkle same over each layer of tomatoes. Cover the whole with fine breadcrumbs; melf any butter that remains, and pour it over; bake about half an hour in a moderate oven.

The breadcrumbs and tomatoes may, if preferred, be put in alternate layers.

385. TOMATOES BAKED, No. 3

Take four to six fair-sized tomatoes, cut each in half, and lay, with the cut side uppermost, in a baking-dish. Sprinkle pepper and salt over; lay a little bit of butter on each half of tomato; bake in a good oven from half to three-quarters of an hour.

386. TOMATOES BAKED, No. 4

Remove the stems and thoroughly wipe six fresh, red tomatoes. Cut a small cover from the top of each, and place in a lightly buttered tin. Season all round with a teaspoonful of salt, a teaspoonful of sugar, and half a teaspoonful of white pepper. Arrange a little butter on top of each tomato, place the covers on, and bake in the oven for twenty minutes or till soft, basting once in a while. Remove, and serve on six separate saucers.

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387. TOMATOES BOCK

Wipe and cut in halves six fine, good-sized, ripe, fresh tomatoes. Place in a baking-dish, cut side up. Season with half a teaspoonful of salt, half a teaspoonful of sugar, two saltspoonfuls of white pepper, and half a teaspoonful of chopped parsley; squeeze over juice of half a sound lemon. Arrange a few little bits of butter over them. Sprinkle a tablespoonful of breadcrumbs, evenly divided, over, then set in oven to bake fifteen minutes. Remove, and serve on the same dish.

388. TOMATOES BROILED

Wipe neatly and cut crosswise six firm, medium, raw, red tomatoes. Season with a teaspoonful of salt, half a teaspoonful of white pepper, and half a teaspoonful of sugar. Oil a double-broiler, then arrange tomatoes on broiler, and broil over a brisk fire four minutes on each side. Remove, dress on a hot dish, decorate with a little parsley greens, and serve.

389. TOMATOES ON CRUSTS

Neatly wipe six even-sized, sound, red tomatoes; cut them in halves crosswise; season the cut sides evenly with a teaspoonful of salt, half a teaspoonful of white pepper, and a teaspoonful of sugar. Finely chop two branches of parsley, one branch of chervil, and half a clove of garlic. Sprinkle the mixed herbs over the tomatoes evenly, and lightly roll them in flour. Heat one teaspoonful and a half of melted butter in a large frying-pan, arrange the tomatoes in the pan one beside another, and fry on the cut side for three minutes and on the uncut side for one minute only.

Prepare twelve small, round toasts of the same size

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as the tomatoes a quarter of an inch thick; place a piece of tomato on top of each toast, cut side downward, arrange on a baking-tin, place a very little bit of butter on top of each tomato, then set in a brisk oven for eight minutes. Remove, dress the crusts on a large dish, decorate with a little parsley greens, and serve.

390. TOMATO FRITTERS

Take a pound of ripe tomatoes, or enough to make a full pint when they are stewed; add one teaspoonful each of salt and sugar, and a saltspoonful of pepper. Stew till quite soft, pulp through a sieve, return to pan, and thicken with one tablespoonful each of butter and flour (previously cooked together). Take some oblong strips of stale bread, and soak in tomato mixture till almost soft; then egg-and-bread the slices and fry in deep boiling fat. Drain and serve.

391. TOMATOES WITH MACARONI

Boil a quarter of a pound of pipe macaroni in water till tender; turn it out on to a dish, add pepper and salt, and garnish with fresh tomatoes that have been baked in the oven with a little butter. Shake over the whole some grated Parmesan cheese, and serve very hot. It should have a light, cobwebby appearance, which is obtained by the cheese being dredged in while the macaroni is very hot, and therefore melting quickly.

392. TOMATOES (MARSEILLAISE)

Cut six fresh, red tomatoes in halves crosswise; season them with one teaspoonful of salt, one teaspoonful of sugar, and half a teaspoonful of pepper. Place on a plate a finely chopped boiled egg, half a teaspoonful each of chopped parsley and chervil, half

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a clove of chopped garlic, and two chopped anchovies in oil. Mix all well together, arrange the tomatoes on a buttered tin cut side up, evenly divide the hash over the tomatoes, sprinkle a little breadcrumbs over, lightly baste with a little melted butter, set in the oven for fifteen minutes; remove, neatly dress on a dish, and serve.

393. TOMATOES MÉNAGÈRE

Neatly wipe six even-sized, medium, firm, red tomatoes; cut a cover from tops of each, with a spoon scoop out a little only of the soft part, and evenly season interior with half a teaspoonful each of salt and sugar, and three saltspoonfuls of pepper. Place on a plate a tablespoonful each of breadcrumbs and butter, half a teaspoonful of mustard, a little freshly chopped parsley, and one finely chopped sound shallot. Mix all well together, then evenly divide preparation in cavities of tomatoes; place covers on, arrange on a tin, and set in oven for twenty-five minutes; remove, dress on a hot dish, and serve.

394. TOMATO OMELET

Break eight fresh eggs into a bowl, season with half a teaspoonful of salt and two saltspoonfuls of white pepper, adding half a gill of cold milk, and beat the whole thoroughly for two minutes. Place in quite a large frying-pan one heavy tablespoonful of clarified butter, and heat well without browning—that is, when the butter crackles; pour in a quarter of a pint of finely chopped, fresh-cooked, stewed tomatoes, drawing off all their liquor; mix lightly, and cook for two minutes; then drop in the beaten eggs over the tomatoes, and with a fork gently mix the whole for three minutes. Let rest for one minute

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and a half, fold up the two opposite sides, carefully turn into a hot dish, and send to the table.

395. TOMATOES FOR EGGS, OMELETS, ETC.

Select six medium, red, fresh, but not too ripe tomatoes; plunge them in boiling water for one minute, lift them up with a skimmer, then carefully skin them. Trim off the stems, and cut them into even quarters. Heat a teaspoonful of melted butter in a small saucepan; add two sound, peeled, finely chopped shallots, and gently brown them for half a minute; then pour in one tablespoonful and a half of white wine; lightly mix, and add the tomatoes with half a teaspoonful of freshly chopped parsley. Season with a level teaspoonful of salt, half a teaspoonful of sugar, and two saltspoonfuls of white pepper; lightly mix, cover the pan, and let cook for twelve minutes, carefully stirring once in a while.

Mix on a saucer a teaspoonful of butter with half a teaspoonful of flour, then add it to the tomatoes; gently mix, and the tomatoes will be ready to use as directed.

396. TOMATOES EN RAGOÛT

Plunge four good-sized, red, sound tomatoes in boiling water for one minute; lift them up, skin, cut them into quarters; place in a small saucepan, with half an ounce of butter, three saltspoonfuls of salt, two saltspoonfuls of white pepper, three saltspoonfuls of sugar, half a teaspoonful of freshly chopped parsley, and half a clove of finely chopped garlic; lightly mix, place on the fire, cover the pan, and let cook for ten minutes. Remove, pour into a deep dish, and serve.

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397. TOMATO SAVOURY

For each small tomato allow a slice of bacon, or ham; take out the pulp of the tomatoes, mix it with a few white breadcrumbs, a little grated cheese, cayenne, salt, and sugar, a little cream or part of an egg may also be used if convenient, but it is not necessary; refill the tomatoes, fold the bacon round, and fry, or if frying is not liked, put a little fat or butter in a saucepan, with the balls cover the pan closely, and let it cook gently for twenty minutes to half an hour, shaking the pan to prevent burning; serve each ball on toast or bread.

398. TOMATOES WITH SAVOURY CUSTARD

Mix together one pint of tomatoes (tinned), one-fourth of a cup of grated breadcrumbs (centre of loaf passed through a colander), one tablespoonful of finely chopped onion, one teaspoonful of sugar, and salt and pepper to taste; pour into a buttered baking-dish. Beat four eggs, add half a teaspoonful of salt, a teaspoonful of sugar, and a cup and a half of milk; pour over the tomato mixture, and bake in a slow oven until set (about three-fourths of an hour).

399. TOMATOES STUFFED

Wash and dry well six fine, sound. good-sized, red tomatoes. Cut through the top of each, without detaching, so that it will serve as a cover. Scoop out the inside of each tomato with a vegetable scoop, being careful not to cut the skins, and lay them on a plate. Season the interior with half a teaspoonful of salt, and two saltspoonfuls of white pepper, equally divided; then fill each tomato with a stuffing, and close down the covers. Lightly butter a tin plate, and lay them on it; spread

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half a teaspoonful of melted butter on the top of each; arrange them on a roasting-tin, and place in a moderate oven to bake for sixteen minutes.

400. TOMATOES STUFFED À LA CAROLINA

Select a dozen round tomatoes of the same size. Remove a piece about an inch in diameter from the *blossom* end of each, and take out the seeds. Cook a cup of rice in a quart of well-seasoned broth, with half a small onion cut fine. When the rice is nearly tender, add half a cup of butter, and mix thoroughly, but carefully, to avoid breaking the grains of rice. Fill the tomato shells with the rice, put back the covers, set in a baking-pan, stem end down, brush over the outside with olive oil or melted butter, and bake half an hour in a moderate oven. Remove carefully to a serving-dish, and pour around the tomatoes a cup of highly seasoned tomato sauce.

401. TOMATOES STUFFED À LA SICILIENNE

Select a dozen smooth tomatoes of same size. Slice off a round piece about an inch in diameter from the stem end of each. Remove the seeds and pulp, to leave a shell, and chop the pulp fine. Put into a saucepan four tablespoonfuls of butter and fry in this half an onion chopped fine; then add a pint of chopped mushrooms, and stir and cook until the moisture evaporates; now add the tomato pulp, half a cup of lean ham, cooked and chopped fine, half a cup of breadcrumbs (stale not dried), a few leaves of sweet herbs tied in a parsley branch, salt and pepper with broth or thickened sauce to moisten; stir and cook until thoroughly heated, then remove the parsley branch and fill the tomatoes. The mixture should not be too moist. Set

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the tomatoes in a baking-tin, and sprinkle with grated cheese and buttered crumbs. Bake about half an hour in a moderate oven.

402. TOMATOES TRÉVISE

Cut six even-sized, large, fresh, red tomatoes in halves crosswise. Squeeze out the liquor into a saucepan, keeping the shells; add one gill of tomato sauce, half a gill of claret, two ounces of chopped ham, and half a teaspoonful of finely chopped parsley. Place on fire, and let reduce fifteen minutes; then add five tablespoonfuls of fresh breadcrumbs; lightly mix. Remove from the fire, arrange tomatoes on a tin. Evenly season with half a teaspoonful of salt, half a teaspoonful of sugar, and two saltspoonfuls of pepper. Evenly divide forcemeat in the twelve half tomatoes. Sprinkle a little grated Parmesan cheese over, arrange a few little bits of butter on top, then set in oven for twenty minutes. Remove, arrange on a hot dish, and serve.

403. TOMATO WITH VERMICELLI

Melt in a saucepan one ounce of butter; add one ounce of finely chopped ham, one medium chopped carrot, one medium chopped onion, two branches of parsley, one chopped leek, ten whole black peppers, one clove, one bay leaf, one saltspoonful of thyme. Mix well and brown nicely for fifteen minutes, occasionally mixing meanwhile; add one quart of tinned—or the equivalent of fresh crushed—tomatoes, with two and a half quarts of white broth or water. Season with a level tablespoonful of salt and one light tablespoonful of sugar. If there be any bones on hand, either of beef or poultry, add them to the stock.

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Cover the pan, and let gently boil for one hour and fifteen minutes. Heat in a saucepan one tablespoonful of melted butter, and add two tablespoonfuls of flour. Mix well while browning for two minutes, then thicken the soup with this, continuing to mix with the wooden spoon while adding it. Boil for fifteen minutes longer, and strain through a sieve into another saucepan. Boil one gill of broken vermicelli in a pint of water for eight minutes. Drain well, and add it to the soup. Boil again for five minutes. Pour into a hot soup tureen, and serve.

TRUFFLES

NOTE.—These are subterranean fungi, which grow in curious clusters under the soil of woods, and are never seen upon the surface. They are only discoverable by their smell; and only specially trained animals (dogs and pigs) have sufficient sense of smell to find them. There are various kinds, black, red, white, and grey. The truffle is so nitrogenous that it may almost be considered as animal food; but it is a luxury, of course, and an expensive one. I have often wondered whether truffle-hunters and truffle-eaters get as much fun for their money as do country children grubbing after pig-nuts, those pleasing tubers of the umbelliferous woodland plant *Cenopodium*, which one discovers and devours with such relish in the golden years before one's "'teens." Truffles grow wild in Britain; chiefly under beeches and oaks.

Preparation.—Wash and scrub the truffles well with a hard brush; they must be perfectly clean and free from soil or grit. Then soak them for a couple of hours in warm water.

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404. TRUFFLES BAKED

Take six large truffles, and having prepared them as above, wrap each separately in a buttered paper. Place in a hot oven, and let bake for an hour at least. Remove the papers, drain the truffles, and serve in hot dish upon a serviette which has been warmed.

405. TRUFFLES IN CROUSTADES

Take some large truffles which have been soaked as above directed, peel and slice them thinly, and put them in a frying-pan with one or two ounces of fresh butter, according to quantity of truffles (five or six should suffice). Add salt, pepper, and cayenne or paprika; and half a glass of sherry. Let them simmer quietly for thirty minutes, then moisten them with demi-glace or good gravy. Take a French roll and halve it lengthways, remove the crumb, fry the crusts a light gold colour in butter. Then drain and fill them with the truffles; serve on a hot dish.

406. TRUFFLES À L'ITALIENNE

Take five or six good-sized truffles, peel thinly, slice finely, place in a frying-pan with one ounce of butter, one teaspoonful each of minced shallot and minced parsley, seasoning of salt and pepper. Fry for ten to fifteen minutes, turning the truffles that they may all be well done. Drain off the butter and add one ounce more, also two tablespoonfuls of demi-glace or rich gravy, one tablespoonful of lemon-juice, and a pinch of cayenne or paprika. Let cook over the fire till boiling-point; then serve upon fried croustades of bread. Béchamel sauce can be poured over at discretion.

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TURNIPS

NOTE.—Turnips, like parsnips, carrots, beetroot, and other vegetables which figured continually in Roman ménus, were unknown in England till the sixteenth century. Their human food-value is nothing like that of the above-named roots, especially parsnips, when cooked. A large percentage of water is included in the turnip, and if it is old enough to be tough and stringy, it is extra indigestible. The ordinary garden turnip has the more delicate flavour, but the orange-yellow swede turnip (chiefly used for fodder) is much more satisfying.

Owing to the cheapness and ease with which turnips may be grown, even in poor and sandy soil, they have proved somewhat of a snare to slothful people. It is not so long ago since a tour through the agricultural districts of Suffolk revealed the astounding fact that the labourers' wives fed their children, day in day out, on boiled turnips. Not to save money, so much as to save trouble.

Preparation.—Turnips should be cooked and eaten when young. Having washed them and trimmed away any fibrous matter, place them, uncut, in boiling salted water, and cook till tender—about twenty-five minutes. Serve whole, with melted butter or white sauce.

Older turnips will of course take longer to become tender. They should then be drained, mashed, and seasoned with pepper and salt. Place them in a stewpan, add a little milk or butter, stirring the mixture over the fire for about five minutes. Serve very hot.

Kohl-rabi (which is a turnip-like vegetable) may be treated as above.

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407. TURNIPS BOILED

Take some sound white turnips; peel, halve, and boil them in salted water. Drain and mash them; add at least one tablespoonful of butter, the same of cream, and a little pepper. Arrange in a mound in a heated dish, and serve at once.

408. TURNIP BALLS (POULETTE SAUCE)

With a potato cutter cut out a pint of balls from large white turnips; put over the fire in cold water, acidulated with one or two teaspoonfuls of lemon-juice or vinegar, and let cook for five minutes after boiling begins; then drain, rinse in cold water, and cook until tender in chicken broth. Skim out the turnip balls and thicken the broth with one tablespoonful and a half each of butter and flour, creamed together—there should be about one cup and half of broth; let simmer ten minutes, then add the beaten yolks of two eggs, diluted with half a cup of cream. Season to taste with salt and white pepper; add the balls, and let stand over hot water until very hot. A tablespoonful of lemon-juice improves this dish for some. If a French cutter be not at hand, cut the turnips in cubes of uniform size, or cut out cylinders with an apple-corer, then cut these into half-an-inch lengths.

409. TURNIP CHARLOTTE

Cook slices of carrot and turnips a quarter of an inch thick until tender; drain and use them to line a buttered charlotte mould. Boil white turnips until tender; drain, and press through a fine sieve. To one cup of purée add a quarter of a teaspoonful of salt, a dash of white pepper, a grating of nutmég, quarter of a cup of thick cream, and lastly the stiff-

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beaten whites of three eggs. Bake in the decorated mould, standing in a pan of water, until the centre becomes firm. Turn from the mould, and serve with velouté, white, or béchamel sauce.

410. TURNIPS CHIPPED

Boil turnips till almost cooked, then slice them thinly and fry them in butter. This makes a nice change, but is perhaps less digestible than plainly mashed turnips, served hot, with a little butter and pepper mixed in.

411. TURNIPS IN CREAM

Peel and slice the turnips; blanch and cook until nearly tender in salted water. Drain and cut into cubes a quarter of an inch thick. Simmer ten or fifteen minutes in sweet cream. Season with salt, sugar, and white pepper; add one or two tablespoonfuls of butter, and shake the pan until the butter is blended with the other ingredients. Serve in a hot dish.

412. TURNIP CROQUETTES

Take some cold mashed turnips, and mix them with a quarter of their quantity of fine breadcrumbs, pepper and salt to taste, and one to two beaten eggs according to the amount of turnip. Blend well, shape into croquettes, dip in egg and breadcrumbs, and fry in boiling dripping.

413. TURNIPS GLAZED (SPANISH STYLE)

Peel six white, medium turnips, and cut in quarters; place in a saucepan with an ounce of butter, half a teaspoonful of salt, half a teaspoonful of sugar, three saltspoonfuls of white pepper, half

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a saltspoonful of saffron, and two gills of white broth; mix a little, cover pan, and set in oven for one hour, being careful to baste them with their own liquor once in a while; pour into a vegetable dish, and serve.

414. TURNIP FRITTERS

Peel and boil some large turnips, having sliced them crossways. When they are nearly boiled, add a little salt. Drain the slices, dredge them with flour, and fry in a little butter. Dust them with a little granulated sugar, and let them become a nice brown on both sides; then strew with salt and pepper, and serve. Use as little butter as possible.

415. TURNIPS GLAZED

Take some young turnips; wash, thinly peel or scrape, and shape them like large olives. Put them into fast-boiling salted water for about eight minutes; when they are parboiled, drain them, and dry them in a cloth. Put them in a shallow stewpan or frying-pan in which at least one ounce of butter has been melted, and dust them thickly with castor sugar. When they begin to brown over the fire, add a very little stock, salt and pepper to taste, and another sprinkling of sugar. Let them stew slowly till thoroughly tender. Place in a hot dish, and pour the liquid over them.

416. TURNIPS MASHED, No. 1

Boil some peeled and quartered turnips in a large saucepan of boiling salted water for about an hour and a half; if tender, drain them, and squeeze with a plate to get out all the water; pass them through a masher into a hot saucepan, with one ounce of butter, pepper and salt. Stir them until very hot and smooth. Dish them.

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417. TURNIPS MASHED, No. 2

Peel and cut in pieces two medium, sound yellow turnips; thoroughly wash, place in saucepan, and pour in water until one inch higher than the turnips. Season with a teaspoonful of salt, adding half an ounce of butter; cover pan, and slowly boil for one hour. Drain on sieve, then press through potato masher into a saucepan; add an ounce of butter, half a teaspoonful of salt, three saltspoonfuls of pepper, and stir well on fire with wooden spoon for three minutes. Dress on a vegetable dish, smooth surface to dome shape with a knife-blade, and serve.

418. TURNIPS (NEAPOLITAN)

One pound and a half of turnips boiled till three-parts done; then cut into very thin slices and arrange in a buttered baking-dish (as in *Potatoes à la Maréchale*) in layers, the slices overlapping each other, each layer sprinkled with grated cheese and a little butter previously melted; a little seasoning of spiced pepper should also be added. Finish on top with grated cheese and butter, and bake half an hour.

419. TURNIP PIE

Boil and mash sufficient turnips to make one breakfastcupful; add two beaten eggs, one pint of milk, quarter of a nutmeg grated, four tablespoonfuls of granulated sugar. When all is well mixed, put it into a low pie-dish lined with short crust, and bake a nice brown.

420. TURNIPS WITH SAUCE

Peel and thickly slice some turnips, boil or steam till tender. Drain, season with salt and pepper, and place in a heated dish. Have ready a white sauce; melt half an ounce of butter in a pan; add

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one tablespoonful of flour; stir till smooth; when frothy and boiling, add one pint of milk; season, and stir till the sauce is thickened. Pour over the turnips, and serve.

421. TURNIPS STEWED

Take two pounds of young turnips; wash and peel and shape them as equally and evenly as possible; place in cold salted water till it boils. Drain and dry the turnips. Melt four tablespoonfuls of butter in a stewpan; add the turnips, with a little salt and a good squeeze of lemon-juice. Put a little more butter over the turnips; let them stew slowly till quite tender. Sprinkle with two teaspoonfuls of finely minced parsley, and pour into a hot dish.

422. TURNIP-TOPS, No. 1

These should be quite young: when old and stringy they are also coarse and bitter. They are very wholesome if used fresh and young. Pick and wash them well, and cook them like spinach—*i.e.* either in their own moisture or with the smallest possible quantity of salted water. They should be done in about fifteen minutes.

423. TURNIP-TOPS, No. 2

Boil the turnip-tops in plenty of salted water for at least one hour; drain them thoroughly, cut them small with a knife, mix a little butter with them, and serve very hot.

424. SWEDES BOILED

Take some large swedes; peel and cook in fast-boiling water till quite tender. Drain, mash, add butter, salt, and pepper, serve hot. Many people prefer swedes to turnips; they have a stronger, coarser flavour, but are very nice for a change.

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VEGETABLE MARROWS

NOTE.—Vegetable marrows are fruits, if one is to be particularly accurate; but we usually class them amongst vegetables. Where is one to begin to differentiate? They are absolutely unromantic objects. The lovely mellow colouring of gourd and squash has been denied to them: the slender elegance of cucumber is not theirs: they have neither the decorative outside nor the luscious inside of the melon. Of all the *Cucurbitaceæ*, they are the least attractive, and, so to speak, the poor relations of the family; and yet they are homely, useful things: good in particular for "stuffing," for frying, and for preserving. Their food-value is a negligible quantity—they consist, I believe, of 90 per cent. of water. But if gathered and eaten quite young, with a decent sauce, they are delectable, if only as a variety.

Preparation.—If the vegetable marrows are gathered really young and small, before the seeds are formed, they can be cooked and served whole, with *beurre fondu* or Sauce Hollandaise; they can also be stewed in a closed earthenware jar in the oven, with plenty of butter and a little salt and pepper. When they are larger, they require to be peeled, halved, and the seeds removed; they can then be either cooked as they are, or stuffed with a filling. When they get *very* large, then, if I were you, I should not use them at all except for jam.

425. VEGETABLE MARROW BOILED

Boil a young marrow, entire and unpeeled, in boiling water for an hour and a half; drain well; serve entire. To be eaten with fresh butter, pepper, and salt.

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426. VEGETABLE MARROW BAKED

Cut two small marrows (that have been par-boiled) into slices, and place them on a buttered pie-dish, which has been rubbed with garlic; sprinkle the slices, first with cheese, then with breadcrumbs; and, lastly, place a little butter over them. Bake for one hour in a hot oven.

427. VEGETABLE MARROW FRIED

Take a medium-sized vegetable marrow; peel it and boil in salted water till tender; drain it, dry it, and cut in even slices, removing the seeds. Dip in beaten egg and breadcrumbs; fry in boiling fat. Season with salt and pepper before serving. If a small marrow be used, cut it in quarters and proceed as above.

428. VEGETABLE MARROW AU GRATIN

Take some very small marrows, slice them in rounds about a quarter of an inch thick, and lay them in a pie-dish. Pour tomato sauce over till they are hidden, then cover with breadcrumbs and grated cheese, and sprinkle little bits of butter over. Bake in a good oven until you find the marrow tender on trying it with a fork.

429. VEGETABLE MARROW MOCK WHITEBAIT

Parboil a medium-sized vegetable marrow, cut it up into slices about the size of whitebait, and roll these on a floured cloth; get them as dry as possible. Have ready a pan of boiling oil, deep enough to cover the slices completely; fry them a golden brown. Drain them, pile them on a paper serviette, and serve them with sliced lemon (or salad dressing) and bread-and-butter.

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430. VEGETABLE MARROW STEWED

Cut up a large marrow into small pieces; skin it, and take away the seeds; fry the pieces with an onion cut in rings and a small clove of garlic. When slightly browned, put in a saucepan with enough stock to cover it, some button mushrooms, salt, and pepper. Let it simmer for an hour, thicken with flour, and serve.

431. VEGETABLE MARROW STUFFED

Cut off a thick slice from the top of a young marrow, and scoop out the seeds; stuff the inside with any forcemeat most convenient (sausages free from skin will do, or merely breadcrumbs and herbs). Rub a saucepan with a blade of garlic, and, when you have put on the top which was cut off the marrow, lay it carefully in the saucepan (it should only just fit), pour upon it half a pint of stock, and add herbs, pepper, salt, and a little bit of onion or a clove of garlic; lastly, a tablespoonful of vinegar. Cover the saucepan closely, and let the marrow simmer slowly for two hours. Dish up carefully, and pour the sauce through a strainer over the marrow.

432. VEGETABLE MARROW TART

Take a small marrow, stew it quite tender, mash it up with butter and sugar to taste; add a little flavouring of lemon-peel, spice, and ginger, and beat an egg-yolk well in. Make tartlets of puff-paste in patty-pans, or line a dish with puff-paste and, when the pastry is baked and has gone cool, fill it with above mixture, and put it back for a minute in the oven. The whipped white of egg can be laid on top if liked.

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GOURDS AND PUMPKINS OR SQUASHES

NOTE.—As these familiar fruits of the earth are all much of a muchness with vegetable marrows, I lump them together with the latter. Gourds are glorious to look upon, but nothing like so glorious to eat. Pumpkins, or squashes—the terms seem interchangeable—are really best when made into sweet dishes; but both they and gourds can be cooked in any way recommended for vegetable marrow. There is not very much flavour to the square inch in any of them, but the smaller and younger they are, the better they will be. A celebrity has said, that if every boy continued to develop as fast after six years old as he did before, he would be a coruscating genius at twenty. Instead of which . . . But this goes to show that if you take your gourd or pumpkin young, it is worth having. Afterwards its coruscating genius is buried beneath mountains of too, too solid flesh.

Preparation.—As for vegetable marrows. If very small, cook whole; if not, peel, remove seed and pulp, cut up into rings, cubes, or strips of desired size.

433. PUMPKIN BAKED

Cut up a smallish pumpkin into cubes an inch long, and dry them; dredge them with flour, and put a layer of them in a buttered pie-dish; add seasoning of salt and pepper, a little minced parsley and finely chopped chives, and sprinkle with good salad oil. Place another layer of pumpkin, and repeat seasoning as above. Bake in a moderate oven till tender. Pour off as much oil as you can before serving.

434. PUMPKIN BAKED AU GRATIN

Cut up a young pumpkin into rounds about half an inch thick. Place these in a buttered pie-dish,

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cover with tomato sauce, strew grated cheese over pretty thickly, then scatter breadcrumbs, with small bits of butter, on top. Bake in a moderate oven till the pumpkin is tender, which you can ascertain by a fork or skewer.

435. PUMPKIN BOILED

Take a young pumpkin, and boil it in boiling salted water about half an hour or longer; drain and serve with a little butter in the dish, or with melted butter in a tureen.

436. PUMPKIN MASHED

Boil a young pumpkin, cut it open, and take out the seeds; mash the pulp with a little butter, season with pepper and salt, and serve very hot.

437. PUMPKIN PUDDING

Proceed as above; place the mashed and seasoned pumpkin into a buttered basin, and bake in the oven with a cover over for half an hour; turn out and serve with melted butter.

438. PUMPKIN OR SQUASH STUFFED

Take a half-grown squash, and simmer whole in water ten minutes. Cut them in halves, if small; in quarters, if large. Scrape out the interior, leaving the shells, however, thick enough to handle without breaking up. Remove seeds, if large. Press all superfluous moisture out of the vegetable pulp, and add to it the following: to enough squash to serve six persons put one cup of dry breadcrumbs, one onion, and one tomato minced fine, one-fourth a clove of garlic, thyme, parsley, bay-leaf, two cups of shelled shrimps chopped fine, and two teaspoonfuls of lard. Fry the onion and shrimps lightly in the lard, and add

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to it the tomato and herbs. Into this turn the squash, which has been thoroughly mixed with the crumbs, also salt and pepper and a beaten egg. Turn over and over with a spoon, mixing it again and again. Let the whole cook for about ten minutes. Have the shells arranged in the baking-dish. Fill each, rounding nicely. Sprinkle with dry bread-crumbs, mixed with melted butter, and bake until brown. Serve hot.

The squash may be heaped upon a pie-plate, and so baked without the shells. Crab, minced ham, veal—almost anything in fact which is savoury—may take the place of the shrimps. Egg-plant is stuffed in the same way, but needs a little longer boiling than squash.

WATERCRESS

NOTE.—This cheap and wholesome vegetable is usually served uncooked, alone or as a constituent of salads. But it can also be made into a palatable dish, and affords a welcome variety.

Preparation.—Wash it well in several waters, see that any decayed leaves are removed, and that the leaves are perfectly free from insects; be careful that it is all watercress, and that no poisonous brook-lime is mingled with it.

439. WATERCRESS BOILED

Having well washed the cress, and thoroughly picked it, chop it, not too small. Have ready in a lined pan one tablespoonful of butter and two ounces of flour, well mixed and lightly browned; add half a pint of thin stock, and let it boil up, stirring carefully; add salt and pepper to taste, a little nutmeg, and a squeeze of lemon-juice; then add the chopped watercress. Boil, and serve with fried croûtons.

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440. WATERCRESS STEWED

Wash the watercress in salted water, pick and clean it thoroughly, put it into boiling salted water, and let it stew ten to fifteen minutes. Drain it, chop it small, add a lump of butter and seasoning of salt and pepper, and let it get well reheated in the stewpan; give it a squeeze of lemon-juice, and serve on buttered toast.

YAMS

NOTE.—These are obtainable in England, but few people are acquainted with their excellence as a dish. They are tubers of different shapes, sizes, and colours, in shape mid-way between Jerusalem artichokes and sweet potatoes. They come from China and Japan, from India, Guinea, the West Indies, and other hot countries. Each locality respectively considers its own yam the best; but the white floury one is that most likely to commend itself to the English cook. They make an interesting variety in the vegetable ménu, and may be cooked in almost any way which is applicable to potatoes.

Preparation.—As for potatoes and sweet potatoes (which see).

441. YAMS BAKED

Wash the yams, scrape them a little, but do not peel them. Set them in a hot oven till baked quite soft.

442. YAMS BOILED

Peel and wash the yams, put into salted cold water, and let them boil; dish, and serve as potatoes.

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443. YAMS STEWED

Peel and slice the yams; wash, drain, and dry them; put them in a stewpan with (at least) a heaped tablespoonful of butter; add salt and a little nutmeg; lastly pour in a pint of water, cover up, and let simmer till cooked—say about forty-five minutes. Serve with a thick rich sauce poured over.

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CHAPTER III

CEREALS USED AS VEGETABLES

NOTE.—This includes various preparations of wheat flour, such as macaroni and vermicelli; maize or Indian-corn, and its preparations, such as hominy, semolina, etc.; rice, that invaluable substitute, to millions of people, for bread and potatoes; barley, and other grains which, while not vegetables in the culinary sense, can be employed as such for the purposes of ordinary meals. I have not mentioned those cereals, such as oatmeal, etc., which are mainly used for breakfast dishes.

BARLEY

This extremely nourishing and palatable cereal is chiefly used in its prepared form known as pearl barley. In employing it as an addition to soup, broth, stews, etc., it is best when steeped first, according to the following directions, which will help to draw out its mucilaginous qualities, and to ensure its proper expansion.

Preparation.—Place four tablespoonfuls of pearl barley in a quart jug, and pour in one pint of boiling water. Leave it at the side of the stove to steep for at least two hours, then boil it till it thickens slightly, and add it to hot milk; or add it to soup, and let it boil up.

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MACARONI

NOTE.—Macaroni is made from wheat flour, and is remarkably nutritive. All the various kinds of macaroni require the same cooking, but some need a longer time than others. The stick macaroni should be broken into short pieces of even lengths and cooked in rapidly boiling salted water till tender, then drained and rinsed in cold water to separate the pieces; then returned to the fire, along with the liquid in which it will be served, in a double-boiler, and cooked till most of the liquid is absorbed.

444. MACARONI AND CHEESE BAKED

Put cooked macaroni and grated cheese into a fireproof dish in alternate layers; cover with milk and let cook until the cheese is melted and the milk is partly absorbed. One or two beaten eggs may be added with the milk, and the whole baked slowly until the egg is set.

445. MACARONI AND CHEESE BOILED

Half a pound of tomatoes, one tablespoonful of curry-powder, a quarter of a pound of macaroni, two ounces of butter, salt and pepper, two ounces of grated cheese.

Boil macaroni for thirty minutes in boiling salted water. Drain it; scald the tomatoes. Peel and slice. Put butter in saucepan to melt; add sliced tomatoes, and macaroni. Stir well together; add pinch of salt and curry-powder. Lastly stir in the grated cheese, with two forks. Cook for five minutes, then serve.

446. MACARONI AND CHEESE DEVILLED

Take six to eight ounces of macaroni, break it up small, place it in fast-boiling salted water. When

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tender, remove and drain it. Place it in a buttered pie-dish, and stir in one ounce of melted butter, two ounces of grated cheese, two beaten yolks, half a saltspoonful each of salt and cayenne, and half a teaspoonful of curry-powder. Pour a white sauce over, and strew the top with fine crumbs and a sprinkling of melted butter. Bake in a hot oven to a golden brown, and serve hot.

447. MACARONI AND CHEESE À L'ITALIENNE

Quarter of a pound of macaroni, two tablespoonfuls of butter, two tablespoonfuls of flour, one-fifth of a teaspoonful of salt, quarter of a teaspoonful of pepper, half a cup of brown stock, half a cup of tomato pulp well reduced, quarter to half a cup of grated cheese.

Make a sauce of the butter, flour, seasonings, stock, and tomato pulp—the tomato pulp should be quite thick from long cooking; add the macaroni, cooked till tender, in boiling salted water, rinsed and drained. Reheat in double-boiler, adding the cheese meanwhile. Serve when the cheese is melted and the whole very hot.

448. MACARONI AND CHEESE (GARNISH OF WELSH RABBIT)

Half a pound of macaroni, quarter of a pound of cheese, quarter of a pound of butter, salt and pepper. Garnish: quarter of a pound of cheese, quarter of a cup of cream, yolk of one egg, salt and pepper.

Cook the macaroni as usual, grate the cheese, and melt the butter. Put the macaroni, cheese, and butter in layers in a baking-dish that will stand the heat of the oven; sprinkle each layer with salt and pepper, and set the dish into the oven. Melt the second quarter of a pound of cheese, add the salt

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and pepper, and very gradually the yolk of the egg, beaten and diluted with the cream; stir constantly while the cheese is melting and until the mixture is smooth. Spread upon diamond-shaped pieces of bread toasted upon one side, placing the "rabbit" upon the untoasted side. Dispose these on the top of the macaroni, and serve at once.

449. MACARONI AND CHEESE MOULDED

Cook three-quarters of a cup of macaroni, broken in small pieces, in rapidly boiling salted water half an hour. Drain, then add a cup of milk, and cook until the milk is absorbed; then stir into one cup of white sauce (use three tablespoonfuls of flour in making the sauce); add two tablespoonfuls or more of grated cheese, and, when cooled a little, two eggs beaten light. Turn into a buttered mould, sprinkled with breadcrumbs, and poach, standing in a pan of hot water, about twenty-five minutes. Turn from the mould, and fill the centre with tomatoes stewed with mushrooms.

450. MACARONI AU GRATIN

Mix three-quarters of a cup of macaroni, that has been cooked as usual, with a cupful of cream or tomato sauce; add from quarter to half a cup of grated cheese, turn into a fireproof baking-dish, cover with buttered dry breadcrumbs, and set into a hot oven to brown the crumbs.

451. MACARONI MILANESI

Put one-fourth of a cup of butter, or dripping, into the frying-pan, and, when melted, sauté in it an onion sliced thin, a stalk of celery cut in cubes, and a sprig of parsley; stir to keep from burning, and when of a golden brown, add a tin of tomato; season with salt and pepper, and let simmer about half an

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hour, or until the watery juice is evaporated. Meanwhile cook half a pound of macaroni in boiling salted water; let boil about twenty minutes or until tender, but in perfect shape; drain and rinse in cold water, then set in a hot place. Press the tomato sauce through a sieve fine enough to keep back the seeds, but coarse enough to let the pulp pass through (it should be of the consistency of thick cream). Dust a hot platter with Parmesan cheese, cover with macaroni, pour over sauce; add grated cheese, then more macaroni, sauce, and cheese, until all is used; then with a spoon and fork gently turn the macaroni over and over until it is thoroughly mixed with the sauce; add a generous sprinkling of cheese to the top, and serve. Mix quickly that the macaroni may be served hot.

452. MACARONI AND CHEESE (SUISSE)

Boil three-quarters of a pound of best macaroni in three quarts of water, with a teaspoonful of salt, for forty minutes. Drain on a sieve, return to the saucepan, season with half a teaspoonful of salt, half a teaspoonful of white pepper, and a saltspoonful of grated nutmeg, adding one ounce of good butter and two ounces of grated Swiss cheese; carefully mix with a fork until well amalgamated, and transfer to a deep dish. Nicely brown a very finely chopped white onion in a frying-pan, with a tablespoonful of butter, for eight minutes, frequently mixing meanwhile; then pour over macaroni, and serve.

453. MACARONI AND CHEESE WITH TOMATOES

Cook half a pound of macaroni in rapidly boiling salted water until tender. Scald one pint of cream over hot water, add half a pound of cheese cut in thin shavings, and stir until the cheese is melted; add a dash of salt and pepper. Have ready in a

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serving-dish five or six baked tomatoes (skin and core removed before baking); dispose the macaroni in a wreath around the tomatoes, pour the cheese mixture over the whole, and serve very hot.

454. MACARONI AND VEGETABLES

Boil four ounces of macaroni in water till tender; drain and cut into convenient lengths. Boil eight ounces of onions till rather more than three-parts cooked; drain and slice them. Take eight ounces of tomatoes, dip them a minute into boiling water, then skin and slice them. Butter a pie-dish, dust it with fine breadcrumbs and grated cheese, with a sprinkling of finely minced parsley; put a bottom layer of the macaroni, moistened with a little milk, and dusted with a little cheese and parsley; then a layer of onions, and a layer of tomatoes, each similarly moistened and flavoured; finish up with a layer of macaroni. Stew this with four ounces of grated cheese, three ounces of breadcrumbs, a little minced parsley, and about one ounce of butter broken up small. Put into a hot oven for twenty minutes or so, to become nicely and evenly browned.

455. VERMICELLI RISSOLES

Boil half a pound of vermicelli in one pint of milk till tender. Mix into this one hard-boiled egg pounded small, two ounces of grated cheese, a little salt, pepper, and nutmeg. Place the mixture on a dish to cool, and subsequently shape it into rissoles; flour, or egg and breadcrumb them, and fry in boiling fat.

MAIZE OR INDIAN CORN

NOTE.—This excellent cereal is largely used as a vegetable in the United States. Over here it is

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comparatively neglected, partly, no doubt, on account of its being only half-hardy. It *can* be sown in the open, but is better raised in heat and hardened off. Whether green, ripe, or tinned, it makes a useful and succulent dish; and in its various dried and ground forms it is a staple of many vegetarian commodities. There is a picturesque and stately air about maize in growth. Readers of *Hiawatha* will remember the maize incarnate, in the shape of the young man Mondamin with his tassels, his plumage, his green and yellow garments. Even as its grains are much larger and of a different formation to those of other cereals, so, when cooked green, its taste is of a pleasant sweetness, quite unlike any other flavour one can recall.

Preparation.—Strip off the husk to the inner layer, and remove the "silk"; then replace the inner layer, and tie it at the top end. In some cases, separate the grains from the cob; but this is only necessary where indicated. Short thick ears are the best.

456. MAIZE BOILED

Prepare as above, and place in boiling water, *not* salted. Boil fast for at least fifteen minutes. Serve with butter, salt, and pepper, or with white sauce or Sauce Hollandaise.

457. MAIZE BAKED, No. 1

Prepare as above; smear the cobs with softened butter, dust them with pepper and salt, place them in a baking-dish in a hot oven, turning and basting them so that they may brown all over.

458. MAIZE BAKED, No. 2

Place the cobs in a baking-dish; when it is full, add one pint of milk, and dust with sugar. The cobs

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should be quite covered, so, if the milk be insufficient, add a little water. Bake in a good steady oven for three-quarters of an hour.

459. MAIZE BOILED, No. 1

Strip the grain from the young cob, and boil it like peas; drain it, toss in some melted butter, salt, and pepper, and serve very hot, sprinkled with chopped parsley.

460. MAIZE BOILED, No. 2

Pare off stems, remove leaves and silk from six sound, tender ears of green corn. Boil in a saucepan three quarts of water, one gill of milk, one tablespoonful of salt, and half an ounce of butter; then plunge in the corn and boil twenty-five minutes. Lift up, thoroughly drain, dress on a hot dish, and serve, enveloped in a napkin, with a little melted butter separately.

461. MAIZE BOILED, No. 3

Strip the grain from the young cob, and boil it like peas; drain it, toss in some melted butter, salt, and pepper, and serve very hot, sprinkled with chopped parsley. When young green maize is not procurable (though it can easily be grown as a garden vegetable), the tinned preparations called *Succotash*, and *Wyndham Corn*, though more expensive, make useful dishes, and supply a change from hackneyed vegetables.

462. MAIZE BOILED, No. 4

Corn on the cob is thought to be sweeter and better flavoured if it be cooked without disturbing the husk; but as the removal of the silk and husk is inconvenient after cooking it, it is quite customary

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to strip down the husk, break the corn from the stem, then remove the silk, replace the husk, tie the end tightly, and let cook in milk and water, half and half, about fifteen minutes after boiling begins. Serve in the husks. The liquid may be used for a corn or mock-bisque soup.

463. MAIZE IN CREAM

Cut off stems, remove leaves and silk from six fine, sound, fresh ears of green corn, place in a saucepan with two quarts of boiling water, one gill of milk, and a teaspoonful of salt, and boil twenty-five minutes. Lift up, then with back of a knife-blade detach grains from cobs, place in a small saucepan with one gill and a half of cream, half a teaspoonful of salt, three saltspoonfuls of white pepper, half a saltspoonful of grated nutmeg, and cook five minutes. Knead on a saucer one ounce of butter with a tablespoonful of flour, and add to the corn. Mix until well thickened, let cook for three minutes more, pour in a vegetable dish, and serve.

464. MAIZE CROQUETTES

Grate enough ripe corn to make one quart of pulp; add one pint of cream or milk, and cook twenty minutes in a double-boiler; add two tablespoonfuls each of butter and grated cheese, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, and two well-beaten eggs. Set aside to cool. When cold, form into two-inch squares one inch thick. Egg-and-breadcrumb and fry in hot fat, or bake in the oven until brown. If the mixture be too moist to shape, add a little fine flour.

465. MAIZE CUSTARD WITH BROILED TOMATOES

Cut enough corn from young ears to fill one cup; add to four eggs beaten slightly with half a tea-

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spoonful of salt, a dash of pepper, a few drops of onion-juice, and a cup and a quarter of milk. Bake in buttered moulds in hot water. When firm, turn from the moulds, and surround with slices of broiled tomatoes. Serve with cream sauce.

466. MAIZE FRITTERS (MOCK OYSTERS)

To one pint of grated corn pulp add enough sifted dry crumbs to hold the mixture together, also half a teaspoonful of baking-powder, with salt and pepper to taste. Drop the mixture from a teaspoon into hot fat, making the fritters the size of an oyster. Fry to a light brown colour, and drain on soft paper.

467. MAIZE ROASTED

Cut off the stalks, remove the leaves and silk from six ears of fresh, sound, green corn, place them in a saucepan with two quarts of water, one gill of milk, and a teaspoonful of salt, and boil for twenty minutes only. Lift up with a skimmer, drain on a cloth, then place them on a tin; lightly baste with a little melted butter, then set them in a brisk oven until a nice golden colour, being careful to turn them once in a while. Remove, dress on a hot dish, and serve.

468. MAIZE SAUTÉ

Cut off stalks, remove leaves and silk from six medium, sound ears of green corn. Plunge into three quarts of boiling water, with one gill of milk, and a teaspoonful of salt, and boil twenty-five minutes. Lift up, let cool off a little. Carefully run a knife between the sections, lengthwise, so as to easily detach from cob, then with back of knife-blade press grains off cobs. Have an ounce of butter in a black frying-pan, and, when it is thoroughly hot, add the

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corn. Season with half a teaspoonful of salt and three saltspoonfuls of pepper; toss well, and fry ten minutes, frequently tossing meanwhile. Transfer to a vegetable dish, and serve.

469. MAIZE SAUTÉ (CREOLE)

Cut away stalks, remove leaves and silk from six fresh, sound, white ears of green corn, then with back of a knife-blade detach from the cobs. Heat a tablespoonful of oil in a frying-pan, add one finely chopped small white onion. Nicely brown three minutes, add corn, and fry eight minutes, occasionally tossing meanwhile; add two finely chopped, peeled, red tomatoes. Season with half a teaspoonful of salt and half a teaspoonful of sugar; toss well, and cook eight minutes, lightly mixing meanwhile. Dress on a vegetable dish, and serve.

470. MAIZE STEWED

Thoroughly drain a pint tin of corn, then place in a small frying-pan with half a gill of milk, half a gill of cream, and half an ounce of butter; season with half a teaspoonful of salt, two saltspoonfuls of white pepper, and half a saltspoonful of grated nutmeg. Gently mix, and let slowly cook for eight minutes. Remove, pour into a vegetable dish, and serve.

471. MAIZE SUCCOTASH, No. 1

Have green maize freshly cut, and take the cobs cleanly out of the outer leaves, etc.; add an equal quantity of soaked butter or haricot beans. Put them into a saucepan with only just enough water to cover them; let them stew till perfectly tender, then pour off the water, and pour in the same amount of milk. Let the vegetables stew a little more, then add pepper and salt and a teaspoonful of corn-

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flour mixed smooth in a little cold milk, and a lump of butter about as big as a large walnut. Mix well, let all boil up once, and serve very hot.

472. MAIZE SUCCOTASH, No. 2

Scrape, wash, and score in quarter-inch slices a quarter of a pound of salt pork. Cover with boiling water, and let simmer five or six hours, or until nearly tender; add one pint of soaked Lima beans, and more water, if needed. When the beans become tender, add one pint of grated maize pulp. Cook about fifteen minutes, and add two tablespoonfuls of butter, or a little sweet cream, and salt if needed. Pour the succotash into the serving-dish, slice the pork according to its scorings, and serve at once. This dish is particularly good prepared with dried beans and either dried or tinned corn. If dried vegetables be used, let soak over night in cold water. To remove the pulp from the ears of corn without the hull, with a sharp knife cut down through the centre of each row of kernels, then with the back of the knife press out the pulp, leaving the husk on the cob. For a change, add a cup of reduced tomato pulp, seasoning accordingly; or an onion may be cooked with the beans, and removed before the dish is sent to table.

DISHES MADE FROM PREPARED MAIZE

473. MAIZE OR INDIAN CORN CAKE

One pound of soaked and drained Indian corn, a quarter of a pound of butter, salt, half a pint of milk, and three or four eggs well beaten. Mix thoroughly, bake in a buttered cake-tin for an hour and a half, and serve very hot at breakfast-time. If the mixture seems too thick, add more milk.

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474. MAIZE OR INDIAN CORN FRIED

Proceed as above, and when the mixture is ready, turn it out as flat as possible into a large dish to get perfectly cold and solid; then cut it up with a knife into pieces about three inches long. Fry them in dripping or with bacon until both sides are a rich brown.

475. MAIZE OR INDIAN CORN FRITTERS À L'ESPAGNOL

Half a pound of soaked Indian corn well drained; add to it by degrees one pint of cold milk, one ounce of butter, two eggs well beaten, and salt to taste. Drop spoonfuls of this batter into boiling fat, and fry a rich brown.

476. MAIZE MADEIRA MILHO

Place nine ounces of crushed Indian (hominy) corn in cold water to soak all night. Next day drain it from the water. Place in a saucepan on the fire, with three pints of fresh cold water, and stir frequently until it boils, and then add salt to it and a large piece of dripping (at least two ounces). It must boil for quite three-quarters of an hour after you add the dripping, etc., and must be kept well stirred. This can be eaten as porridge for breakfast, just emptied into saucers, either with milk and sugar, or butter and salt.

477. HOMINY BALLS

Take one quart of boiled hominy; shape it into balls. Roll them in fine crumbs, then dip them in a beaten egg mixed with two tablespoonfuls of water; roll again in crumbs, and fry in deep fat. Drain these, roll them in grated cheese, and serve as a vegetable entrée.

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478. POLENTA, No. 1

Two cups of boiling water, one teaspoonful of salt, one cup of yellow Indian or maize-meal, two tablespoonfuls of butter, two cups of cold water, four tablespoonfuls of grated cheese.

Mix the maize-meal with the cold water and stir into the boiling water, to which the salt has been added; stir constantly until the mixture boils, then, occasionally, for at least half an hour. When about half-cooked, add the butter and cheese. Serve hot (with meat) with sauce No. 677; or when cold cut in squares, egg-and-breadcrumb, and fry in deep fat.

479. POLENTA, No. 2

Boil one quart of fresh milk in an enamelled saucepan; add a pinch of salt, and stir in very gradually five or six ounces of fine semolina. Let boil very gently for about fifteen minutes, stirring well (or it will stick), till it becomes a thick paste. Pour this into a buttered baking-tin, let it get cold, then cut it up in fingers; pile them neatly in a baking-dish. Pour a little melted butter over, so as to cover each piece, then cover all with a thin layer of grated cheese, and bake a golden brown.

480. SEMOLINA CHEESE

Have a pint of boiling milk; add four ounces of semolina, slightly flavoured with nutmeg; stir well till it thickens; add three ounces of grated cheese, and continue to stir. When it is very thick, take it off the fire, stir in one beaten egg, and place it on a dish till cold; then cut it in slices, pile it in a baking-dish, cover with grated cheese, sprinkle with fine crumbs, strew with little bits of butter, and bake to a light golden brown.

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RICE

NOTE.—When combined with eggs, cheese, milk, or meat juices, rice is an excellent food. The grey unpolished rice stocked by seed and grain shops is a more nutritious article than the husked and polished rice which grocers sell.

Preparation.—There are several ways of cooking rice, each of which has points of merit. As a rule, rice-growing people prefer the rice-grain less tender than do those of northern climes, just as the Italians prefer macaroni in a state which by many would be called an underdone condition. But soft or not, all wish rice dry. The quantity of liquid that the grain will absorb depends upon the variety of the rice, the season in which it was grown, the time it has been kept, and the liquid used. These things affect, also, the time of cooking. Rice will absorb in cooking from two and a half to four times its bulk of liquid. When three cups of water would suffice, three and a half or four cups of milk or tomato purée are required.

Rice needs to be thoroughly cleaned before cooking. It may be washed in several waters, being rubbed, meanwhile, between the hands, but the most satisfactory way is to blanch it. Put the rice over a hot fire in a large saucepan of cold water, and stir, occasionally, while it is heating; let boil five minutes, then drain on a sieve and pass cold water from the tap through it. The rice is now beautifully white and clean, and the grains do not adhere to each other. To cook, return to the fire, covered with the hot liquid, whatever this be, in which it is to be cooked; let cook rapidly, until nearly all the liquid is absorbed, then finish cooking over hot water. If the liquid be milk, cook from the first, after blanching, in the double-boiler.

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481. RICE BOILED, No. 1

Wash the rice thoroughly; cook, in four times as much water, directly over the fire. Use a tightly covered saucepan, that the moisture or steam may be absorbed by the rice. Have the fire less brisk at the last part of the cooking than at first.

482. RICE BOILED, No. 2

Cover the blanched rice with a relatively large quantity of salted boiling water, and let cook rapidly in an uncovered saucepan until the grains are tender; drain off the water, cover the saucepan with a cloth, and let stand on the back of the range to dry. Serve in a hot dish.

483. RICE AND CABBAGE

Boil a large cabbage; drain it; place it in a hot, clean saucepan; add one teacupful of hot, boiled rice, pepper, salt, and a large piece of dripping; mix and stir well on the fire, and serve very hot.

Note.—This is a very favourite dinner with the peasants of Madeira. It is a very good accompaniment to cold meat, and is very economical, as the remains of either cold cabbage or cold rice can be used. It is best to cut the cabbage quite small before adding the rice. Cabbage should be boiled in two waters; it is much more digestible.

484. RICE (CREOLE), No. 1

Place in a saucepan one medium chopped onion; pour in one tablespoonful of melted butter, and fry six minutes, stirring meanwhile; add six ounces of raw rice and cook on range five minutes, stirring meanwhile; add three peeled and finely chopped red tomatoes and one pint of broth. Season with a teaspoonful of salt; mix well. Cover

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pan, and as soon as it comes to a boil, set in oven thirty-five minutes. Remove, dress rice on a hot dish, and serve.

485. RICE (CRÉOLE), No. 2

Chop fine a white onion; sauté with half a cupful of raw ham, shredded rather fine, in one-fourth of a cup of butter; cook about ten minutes, then add a cup of blanched rice and three cupfuls of beef broth; simmer twenty minutes, then add four tomatoes, peeled and cut in slices, and one teaspoonful of salt. Cover and finish cooking in the oven or in a double-boiler.

486. RICE CROQUETTES (PLAIN)

Half a cupful of rice, half a teaspoonful of salt, one cup of boiling water, yolks of two eggs or one whole egg, one cupful of hot milk, two tablespoonfuls of butter.

Blanch the rice as above, cook in a double-boiler, with the water, milk, and salt, until the rice is tender and the liquid is absorbed; stir in the beaten eggs and the butter; let cool, and finish as usual.

487. RICE CURRIED

Take two breakfastcupfuls of rice, put into a saucepan in three pints of cold water, and set over a hot fire to boil quickly. When the water boils, let it continue five minutes; then drain the rice through a colander, rinse it with cold water, and put it back into another pan, which must contain three pints of boiling water, one teaspoonful of salt, and juice of half a lemon. Stir occasionally, and add more hot water if it boils away. Let it boil fast till the rice is tender, then stir in three table-

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spoonfuls of creamed butter and one tablespoonful of curry-powder. Serve at once.

488. RICE CROQUETTES SAVOURY

Half a cupful of rice, one cupful of stock, one egg, two cups of tomatoes, half a cupful of grated cheese, a slice of onion, one tablespoonful of butter, a sprig of parsley, quarter of a teaspoonful of pepper, two cloves, quarter of a teaspoonful of salt.

Cover the rice with cold water and bring quickly to the boiling-point; let boil for five minutes, then drain, rinse in cold water, and drain again. Cook the tomatoes with the onion, parsley, and cloves fifteen minutes, and pass through a sieve; add to the rice with the stock, pepper, and salt, and cook over hot water until the rice is tender and the liquid absorbed, then add the cheese, butter, and beaten egg. Spread on a dish to *cool* (do not let it become too cold), then shape and finish as any croquettes.

489. RICE WITH EGGS SAVOURY

Boil a quarter of a pound of Patna rice in one pint of good stock. Mix with it sufficient tomato sauce to colour it, two tablespoonfuls of grated cheese, and salt to taste. Reheat until it is sufficiently reduced to take a shape. Meanwhile put one ounce of butter in a frying-pan, and cook four to six good eggs in it: trim each into a nice round. Pass the rice into a shallow buttered mould, as firmly as possible, and quickly unmould it on a heated dish. Arrange the eggs on top of it, garnish with bits of parsley, and serve at once.

490. RICE WITH FRENCH BEANS

Having boiled a breakfastcupful or so of rice, and got all the grains clear and separate, fry it lightly in a little butter; add enough tomato sauce

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to moisten it with the beaten yolk of one egg and two good tablespoonfuls of grated cheese. Mix thoroughly and set this rice as a wall round the centre of a hot dish. Place in the middle some French beans, boiled, drained, and seasoned with butter, pepper, and salt.

491. RICE, GOLDEN

Put one quart of water in a pan, with the following seasoning: one small whole onion, one bayleaf, one head of garlic, ten cloves, five cardamoms, half a teaspoonful each of cinnamon, mace, and salt, and saffron sufficient to colour all. When the water boils, add six ounces of rice; let it boil till tender; drain it, steam it, and serve it piled upon a hot dish, garnished with fried onions, fried almonds, and fried sultanas at discretion.

492. RICE, MILANAISE

Put two tablespoonfuls of butter into a stewpan, and when hot cook in it, without browning, a slice of onion, chopped; then add half a cup of rice, thoroughly washed, and about a quart of stock (white) or hot water. Cook until the rice is tender and the liquid is absorbed; then add two tablespoonfuls of grated cheese and salt, if needed. Stir gently with a fork, turn into a serving-dish, and sprinkle the top with a little more of the grated cheese. Serve as a vegetable, or as a luncheon dish, either with or without a brown sauce.

493. PILAFF AUX TOMATES

Take three ounces of Patna rice, and pour over it half a pint of water and a tablespoonful of tomato sauce or purée; season to taste. Melt a piece of butter the size of an egg, stir in the rice gradu-

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ally, and place on the stove to simmer for fifteen minutes; cut up any cold meat in squares, fry them lightly in butter, put into a saucepan with a spoonful of tomato sauce or purée, and simmer for three hours. Place the rice in the centre of the dish, and the meat round it.

494. RICE WITH PARSLEY OR CHIVES

Cook half a cupful of blanched rice in boiling salted water until tender; add two tablespoonfuls of butter and one teaspoonful of finely chopped parsley or chives; mix gently so as to avoid breaking the grains. Serve as a vegetable.

495. RISOTTO

One cupful of rice, one teaspoonful and a half of salt, two tablespoonfuls of butter, pepper, half an onion, two or three cupfuls of stock or water, one cupful of tomato pulp, half a cupful of grated cheese.

Put the rice over the fire with plenty of cold water, and let boil five minutes, then drain and rinse. Melt the butter in a saucepan, add the onion and rice; let cook until the butter is absorbed, then add the tomato pulp, salt, pepper, and the liquid; let cook until the rice is tender and the liquid absorbed, then stir in the cheese carefully. Take out the onion. Use a fork, and stir or lift the rice carefully, to avoid breaking the grains. Serve very hot.

496. RICE SAVOURY

Take about four ounces of rice, and place in about one pint and a half of salted cold water, along with three large Spanish onions finely chopped. Let it stew quietly for at least two hours; if the water boils away, so that the rice is in danger of burning, add a little more hot water. When the

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rice is quite tender, stir in two ounces of butter, and serve very hot.

497. RICE SAVOURY

Set a cupful of rice over the fire in three pints of cold water; let come quickly to the boiling-point, and boil five minutes; then drain through a colander, rinsing with cold water. Return to the fire with a quart of boiling water, one teaspoonful of salt, and the juice of half a lemon; shake the pan occasionally, lest the rice burn, and add a little more water if necessary, or set on an asbestos mat or in a pan of cold water. When tender, stir in very carefully one-fourth of a cup of butter creamed with a tablespoonful of curry-powder. Serve with meat, particularly chicken or veal.

498. RICE PILAU (TURKISH)

Mix one cupful and a half of stock, with one cupful of stewed and strained tomato. When boiling, add one cupful of well-washed or blanched rice and half a teaspoonful of salt; stir lightly with a fork occasionally, until the liquor is absorbed, then add half a cupful of butter and cook over hot water until tender; remove, cover, and stir with a fork before serving.

499. RICE AND SHRIMPS

Chop finely enough onion to make half a tablespoonful, and fry it in three tablespoonfuls of butter. Add one and a half tablespoonfuls of cornflour, mixed with two teaspoonfuls of curry powder, salt and pepper. Stir till all is thoroughly mixed. Continue to stir, and gradually add two breakfastcupfuls of milk. Let boil; then add one breakfastcupful of warm boiled rice, and nearly twice as

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much of shelled shrimps. When all is well heated through, serve at once.

500. RICE (VALENCIENNES)

Finely chop a medium white onion and lightly brown in a saucepan with two tablespoonfuls of oil for five minutes; add six ounces of raw rice, and brown eight minutes, frequently stirring meanwhile. Moisten with a pint of broth and two gills of tomato sauce; add three tablespoonfuls of cooked green peas, half a teaspoonful of salt, three saltspoonfuls of white pepper, and a saltspoonful of Spanish saffron. Mix well, cover pan, and set in oven forty-five minutes; remove, dress on a vegetable dish, and serve.

501. SPAGHETTI À L'ITALIENNE

Have ready boiling a pan of three quarts of water, to which has been added one tablespoonful of salt. Put in, sliding it gently so as not to break it, twelve ounces of Italian spaghetti. Boil twenty-five minutes, and thoroughly drain off the water. Place the spaghetti in a frying-pan, with a full tablespoonful of butter, and one saltspoonful each of salt, pepper, and grated nutmeg. Shuffle and toss gently over the fire for four minutes. Add a bare half-pint of hot tomato sauce; mix gently with a fork; add two ounces of grated Parmesan cheese, mix for a minute more, and pour upon a hot dish. Serve at once. (Omitted from Macaroni section.)

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CHAPTER IV

SWEET FRUITS AND NUTS USED AS VEGETABLES

NOTE.—By good rights, cucumbers, gourds, melons, pumpkins or squashes, tomatoes, and egg-plants should be included in this section. But it seems to me that this would be disconcerting to the ordinary housewife, and therefore I place apples, bananas, chestnuts, and olives by themselves, because one naturally thinks of them as a separate issue.

The use of sweet fruits as an accompaniment to salt dishes is very old; that of nuts as a substitute for meat is comparatively modern. Apple sauce with roast pork or goose is a time-honoured institution; so is cranberry sauce with turkey; so is red currant jelly with mutton or hare. It is probable that our forefathers largely extended this list, and mixed up sweet and salt in a way which would certainly stagger their descendants. One has only to read the ménus of their dinners, to be convinced of their amazing latitude in this respect. But I think we tend to the other extreme, and might very well replenish our ideas and our tables with dishes such as those suggested below.

APPLES

NOTE.—Good sound cooking apples should be selected for culinary purposes; English ones have a flavour which no foreign ones possess, and I do not

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recommend American, Canadian, Tasmanian, or New Zealand apples for any of the uses indicated below.

502. APPLES BAKED

Select medium-sized cooking apples, as even as possible in size; wipe and bake them in a pie-dish, just covered with water, till they are tender, but not broken. Serve with boiled beef, as though they were onions. This is a favourite Spanish method.

503. APPLES FRIED

Peel and core some good-sized sound apples; cut each in four equal slices, dip in milk, lightly roll in flour, fry in boiling fat for five minutes; drain and serve. These are excellent with broiled steaks, sausages, or fried eggs. Two tablespoonfuls of lard will suffice to fry three apples, cooking them at least two minutes on each side.

504. APPLES SCALLOPED

Peel and core some cooking apples; cut each in eight equal slices. Cover the bottom of a buttered pie-dish with them. Strew over them one tablespoonful of fine crumbs, a little salt, a dust of cinnamon, a teaspoonful of brown sugar. Repeat until the dish is full; finally let the top be crumbs. Cover it with another pie-dish of same size, bake thirty minutes in hot oven, then bake a quarter of an hour longer, uncovered. Serve hot with ducks, pork, or goose.

BANANAS

NOTE.—Only green bananas, or those by no means ripe, should be employed for these dishes. The ripe banana is much too sweet, as well as too soft; and of the over-ripe banana it may be said that it

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courts ill-health and internal afflictions. Cooked bananas are exceedingly nutrient and (to most people) digestible, and as a change will be always welcome.

505. BANANAS BOILED

Green bananas are best for this purpose. Take six good-sized ones, peel and slice them lengthways or across, lay them in a stewpan with one cupful of milk and seasoning of salt and pepper, and let them simmer slowly, but without stopping, for about half an hour. Heat half an ounce of butter in a shallow pan, add two teaspoonfuls of flour, brown slightly; stir in the liquor from the bananas, let all come to the boil, then pour it over the bananas laid in a hot dish.

506. BANANAS CURRIED

Place half a cupful of grated coconut and half a pint of milk in a bowl, and leave it covered up for an hour. Put two tablespoonfuls of butter into a stewpan and beat up; fry one tablespoonful of curry-powder in it; add to this six green bananas, peeled and cut in slices; season with salt and cayenne; add one teaspoonful of Worcester sauce, and strain in to the rest the milk from the coconut. Simmer gently for fifteen minutes; beat up an egg and stir in; let all thicken, and serve on a hot dish inside a border of rice like other curries.

507. BANANAS FRIED

Peel and cut two sound bananas into quarter-of-an-inch square cubes. Make a tablespoonful of butter thoroughly hot in a frying-pan, and fry the bananas briskly for three minutes, tossing them light. These are a good accompaniment to scrambled

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eggs, boiled spinach, etc. Season with salt and pepper.

Bananas may also be fried cut in lengthwise strips.

CHESTNUTS

NOTE.—It is a pity that the food-value of chestnuts is not more generally recognised. They are, as Evelyn said, "exceedingly nutritive, a robust food." The roasted chestnuts of the London streets are the only common form in which this excellent product is encountered; but in Southern Europe they are appreciated at their real worth, and vegetarian depôts have helped to popularise both chestnuts and chestnut flour. They make a most appetising dish, plain boiled, with white sauce, as an accompaniment to baked meat; but with a little extra trouble all manner of wholesome, savoury, and satisfying concoctions may be made.

Preparation.—For boiling, slightly nick or slit each outer skin or shell so as to enable its easy removal after cooking. For roasting, leave them as they are. For stewing, remove the outer shell, and place the chestnuts in boiling water, as you would almonds, till the inner skin is removable. For sweetened dishes, the chestnuts must be boiled, shelled, skinned, and rubbed through a sieve, or chestnut meal can be used to save time.

508. CHESTNUTS BOILED, No. 1

An excellent variety in "second vegetables" can be made by putting one pound of chestnuts into salted boiling water, letting them cook fast until tender, then peeling and serving, masked in white sauce. A slight incision should be made in each chestnut husk before cooking.

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509. CHESTNUTS BOILED, No. 2

Cut one pound of chestnuts half-way down each side from the thin end; put them into a saucepan of boiling salted water, and boil them fast for twenty minutes; drain them as you would potatoes, and serve in their skins. At table they are eaten with butter and salt.

510. CHESTNUTS AND BRUSSELS SPROUTS

Boil some chestnuts in water for two hours; remove the peel. Boil some sprouts for half an hour, strain them well, be careful not to break them. Have ready a frying-pan with hot beef dripping or butter; put in both chestnuts and sprouts and keep moving until the fat is absorbed (do not brown), then serve.

511. CHESTNUT CAKES (FRIED)

Take one pound of chestnuts and cut a small piece out of each. Place them in fast-boiling salted water for thirty minutes; drain, peel, and rub them through a sieve; add one beaten egg, two tablespoonfuls of milk, two ounces of butter, one teaspoonful of Worcester sauce, and seasoning of salt and pepper. Mix well and roll out; cut into small round cakes, which must be dipped in egg and breadcrumbs and fried in boiling lard or dripping. Drain and serve hot.

512. CHESTNUTS GLAZED

Slit thirty large Italian chestnuts and set in oven on a tin for twenty minutes. Remove, shell and peel, and place in a saucepan with half a pint of broth; cover with water, add blade of mace, two branches of celery, one onion with a clove stuck in it, half a teaspoonful of salt, and two saltspoonfuls

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of pepper. Cover pan, let boil for twenty-five minutes; lift up chestnuts and place in saucepan with half a gill of demi-glace, half a gill of the chestnut broth, half an ounce of butter, the juice of half a lemon, and a saltspoonful of grated nutmeg. Set the pan in oven for twenty-five minutes, being very careful to frequently baste chestnuts with the liquor; remove and use as required.

513. CHESTNUTS MASHED

Shell one pound of chestnuts, plunge them in boiling water so that the skins can be easily removed. Have ready a good half-pint of salted boiling water, or stock, thickened with one teaspoonful of flour, and boil the chestnuts in this till tender; then strain off the liquor and mash the chestnuts with butter, pepper and salt. A little cream is an improvement.

514. CHESTNUTS AND RICE

Fry two onions and two tomatoes in a saucepan with some dripping; add one quart of stock seasoned with herbs, pepper, and salt. When it boils, add to it half a pound of skinned chestnuts and one teacupful of rice. Stir until the chestnuts and rice are done—about half an hour.

Note.—The best way of peeling chestnuts is to cut them as in the preceding recipe and plunge them into boiling water for a few minutes.

515. CHESTNUT SAVOURY

Boil the chestnuts till tender, remove their skins, lay them on hot buttered toast, season with pepper and salt and a dust of nutmeg, have ready a little thick parsley sauce, and pour over the chestnuts and toast; serve very hot.

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516. CHESTNUT TIMBALES

Slit on one side twenty-five good-sized, sound Italian chestnuts; place on tin and roast in oven for twenty minutes. Remove, shell, and place them in small saucepan with enough milk to just cover; add three saltspoonfuls of salt, cover pan, let boil until nearly dry, then place in a mortar and pound to fine pulp. Remove, press through sieve into a saucepan; add two egg-yolks, two saltspoonfuls of salt, a saltspoonful each of cayenne and grated nutmeg, and briskly stir while heating on fire for five minutes. Lightly butter six small tin moulds, fill up with the chestnuts, place on a tin, pour hot water in up to half the height of moulds; set in oven for twenty minutes, remove; unmould, and use as directed.

VARIOUS

517. SALTED DEVILLED ALMONDS

Shell half a pound of fine large almonds, then plunge them in a quart of boiling water, with half a teaspoonful of salt, for four minutes. Drain on a sieve; neatly peel and wipe dry on a cloth. Lightly butter a pie-plate, place the almonds in the plate, and set in a moderate oven for ten minutes, occasionally turning them over with a wooden spoon meanwhile. Pour over them one tablespoonful of very hot melted butter, repeatedly turn them with the spoon, sprinkle a light teaspoonful of fine salt and a saltspoonful of cayenne pepper over them, lightly mix again; return them to the oven, and roast for twenty minutes, or until they are of a nice golden colour, being very careful to mix them frequently with the wooden spoon. Remove from the oven, drop them on a clean towel to drain, dredge over a

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teaspoonful of salt and one light saltspoonful of cayenne pepper, then briskly shake them in a folded cloth or tin can. Dress on a glass dish, with a fancy paper over it, and serve hot.

518. STUFFED OLIVES WITH CHEESE

Stone carefully twelve large olives. Place in a bowl half an ounce of cream or Neufchâtel cheese, two saltspoonfuls of salt, one saltspoonful of cayenne pepper, half a teaspoonful of chopped parsley, and one teaspoonful of anchovy essence. Mix well with a wooden spoon into a smooth paste, and with it fill the twelve stoned olives. Place them on a *hors-d'œuvre* dish, and serve.

519. WALNUT PIE

Line the bottom of a buttered baking-dish with hot mashed potatoes, and over these put a layer of four ounces of shelled walnuts, grated; season with salt and pepper. Take a quarter of a pint of good stock and a quarter of a pint of mushroom ketchup; heat and thicken it, pour over the walnuts; place a top layer of mashed potatoes, add a few small bits of butter, and bake to a golden brown.

520. WALNUT SAVOURY

Mix thoroughly one breakfastcupful each of grated breadcrumbs, grated cheese, and grated walnuts. Moisten with a little stock or water. Stir in a teaspoonful of chopped parsley and two teaspoonfuls of lemon-juice; add salt and pepper. Bake in a shallow dish.

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CHAPTER V

COMBINATIONS OF VEGETABLES

NOTE.—These economical and wholesome dishes are but little used in Britain, compared to their popularity in other countries. The chief point about them is that they shall be cooked to a nicety, every vegetable ingredient being exactly right, neither underdone nor pulpy. This, of course, means particularly careful cookery. The seasoning and flavouring of these preparations is also of the utmost importance, as is their appearance when dished. If they are allowed to become an indistinguishable parti-coloured mass, a "fortuitous concourse of atoms," they will not present an appetising aspect; but, well prepared, they will be acclaimed with much admiration.

521. CABBILOW

Mash boiled potatoes and boiled cabbages together, mixing with them slices of onions, and sprinkling the mess with pepper and salt, to which should be added a little butter or dripping. The dish is improved by being put into a Dutch oven to be browned, like mashed potatoes.

522. COLCANNON

Boil separately an equal amount of potatoes and of fresh cabbage; about half the amount of onions. Mash all very finely, mix in a little butter or drip-

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ping, with salt and pepper, put in a buttered bowl, and bake, well covered up. Serve very hot.

523. COMBINATION OF VEGETABLES

Remove the stalks, leaves, and silk from three sound ears of green maize; place in a saucepan with a quart of water, a gill of milk, and a teaspoonful of salt, and boil for twenty-five minutes, then drain; with the back of a knife-blade detach the grains from the cobs, avoiding as much as possible the fibres, and keep them on a plate; add half a pint of cooked green peas to the corn, and place with the rest. Heat an ounce of butter in a frying-pan, add the three articles; season with half a teaspoonful of salt, two saltspoonfuls of pepper, and a saltspoonful of grated nutmeg; fry for ten minutes, lightly tossing them once in a while, then add half a teaspoonful of chopped chives. Toss well while heating for two minutes. Dress on a vegetable dish, and serve.

524. CHIPOLATA

Blanch two dozen of carrots, two dozen of turnips, the same quantity of large chestnuts and onions; let these stew for some time over the fire, with some consommé and a little sugar. Having fried separately a dozen sausages and a dozen slices of bacon, add them, with two dozen button mushrooms and a few spoonfuls of Espagnole sauce, to the vegetables, adding from time to time a little consommé or gravy. These are to stew for an hour.

525. BRUSSELS SPROUTS WITH TOMATOES

Cook the sprouts in fast-boiling salted water. Drain and heap them in the centre of a hot dish. Have some macaroni boiled tender (about four ounces of macaroni to one pound of sprouts is sufficient, but the exact quantities are a matter of

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taste). Prepare some tomato sauce, by frying a sliced onion in one ounce of butter, and adding half a pint of stock, four quartered tomatoes, one ounce of flour. Mix well, boil all together; strain through a sieve; add pepper and salt to your liking, and a dash of lemon-juice; then put the macaroni on top of the sprouts, and cover all with the sauce. Care must be taken to keep the sprouts and macaroni hot, separately, while the sauce is being made.

526. CARROTS WITH ONIONS

Take six medium-sized carrots; clean and boil them. When they are nearly cooked, pour off the water, and chop the carrots into small dice. Meanwhile, have ready six small onions, which have been nearly cooked, and the water poured off. Put the carrots with the onions, and add just enough broth to cover them (about one breakfastcupful should suffice). Season with salt and pepper, and one teaspoonful of chopped parsley. Simmer gently till the vegetables are quite tender.

527. CARROTS AND PEAS

Cut the stems off and scrape twelve small new carrots. Heat a tablespoonful of melted butter in a saucepan, add one finely sliced onion, and brown for four minutes; then add the carrots, one pint of fresh peas, a small head of lettuce finely sliced, one chopped clove of garlic, a teaspoonful of freshly chopped parsley, half a pint of broth, a teaspoonful of salt, a teaspoonful of sugar, and half a teaspoonful of pepper. Mix well, cover pan, and boil fifteen minutes; then set in oven thirty-five minutes. Remove, add a half ounce of butter, mix well, pour into a vegetable dish, and serve.

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528. CARROTS AND PEAS (FRANÇAISE)

Scrape, pare, and thoroughly clean eight of the smallest carrots obtainable; then slice them into quarter-of-an-inch thick pieces, and place in a saucepan with two branches of parsley, two very small onions, half a teaspoonful of salt, two saltspoonfuls of white pepper, a teaspoonful of sugar, half an ounce of butter, and half a pint of white broth or hot water. Mix well and let gently cook for five minutes on the range; then place the pan in the oven for twenty-five minutes. Remove; take up the onions and parsley; add half a pint of good, hot green peas, with half an ounce of good butter; gently mix while heating for half a minute. Pour into a hot dish, sprinkle a teaspoonful of hot parsley over, and serve.

529. CASSOLETTE OF MIXED VEGETABLES

Take some freshly-boiled and well-mashed potatoes, mix them with seasoning of salt and pepper, and two beaten yolks, stirring them over a slow fire till the egg is cooked. Shape the whole into a large oval rissole; make each end flat instead of rounded, and mark off a certain portion of the centre for subsequent removal. This rissole must be dipped in egg and breadcrumbs, and fried a nice gold colour. Take out (whole) sufficient of the centre to make room for the following: a few boiled sprouts, a few turnips and carrots cut into small balls; each coated with a good sauce. Replace the potato lid, and serve at once.

530. HASSANI

Cut in half-inch square pieces one onion, two shallots, a seeded, fresh red tomato, a peeled and cored apple, and a clove of garlic. Melt a heavy tablespoonful of butter in a saucepan; add the

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above articles, sprinkle a tablespoonful of flour over, stir well, then add two pounds of raw lean mutton cut in three-quarters of an inch square pieces, and stir well with spatula while browning for five minutes; add a good teaspoonful of curry-powder, teaspoonful of salt, three saltspoonfuls of white pepper, a saltspoonful of grated nutmeg, saltspoonful of cayenne, and moisten with one pint and a half of water. Tie in a bunch one leek, two branches of parsley, one branch of chervil, small sprig of thyme, clove, and add to the curry with a piece of lemon rind and twenty-four green French beans cut in two. Mix well, cover pan, boil for ten minutes, then set in oven for forty minutes. Remove, take up bunch of herbs and lemon peel. Prepare a curry rice, dress it crown-like on a hot dish, pour curry in centre, and serve with Indian chutney and Bombay duck, if at hand.

531. HOT POT

Take one pound of potatoes, one pound of onions, half a pound of good cheese. Slice potatoes, ditto onions, ditto cheese, and fry them separately; then line a dish with potato and fill in with onions mixed with cheese, pepper, salt, and sage. Cover with the potato to form crust. Bake. To be eaten very hot. If left, the cheese will get hard.

532. JARDINIÈRE

With a small vegetable-scoop dig out two medium-sized carrots and one good-sized turnip. Place them in a saucepan with a pint of water and two saltspoonfuls of salt, and let cook till soft, about thirty minutes. Drain the vegetables on a sieve and see that they are thoroughly dry. Put them

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back in the same saucepan with a light tablespoonful of butter, adding three tablespoonfuls of tinned green peas, three tablespoonfuls of tinned French beans cut into half-inch pieces, half a teaspoonful of fine sugar, and a light saltspoonful of grated nutmeg. Mix all well together with a wooden spoon without mashing the vegetables; let slowly cook on the corner of the range for five minutes, and it will be ready for use. A piece of cauliflower and two tablespoonfuls of asparagus tips, cut into small pieces, and a few very small Brussels sprouts, all cooked separately, can be added to the jardinière, if at hand. Use for garnishing.

533. LENTILS WITH SAUSAGES, BRETONNE

Soak in fresh water for twelve hours a pint of lentils. Drain well and place in a saucepan with three pints of cold water, a teaspoonful of salt, one medium carrot cut in quarters, one branch of celery and branch of parsley, the celery and parsley tied up together. Cover the pan and let simmer for two hours. Uncover, remove all the vegetables. Heat in a small saucepan half an ounce of butter, adding two tablespoonfuls of flour; briskly stir, then add one small white onion finely chopped up; stir again, and let get a light brown colour. Pour in all the liquor of the lentils in this pan, lightly mix and boil for five minutes; then add the lentils, mix a little, and boil for ten minutes more, then keep warm. Lightly prickle with the prongs of a fork twelve fresh sausages. Heat a tablespoonful of lard in a frying-pan, place in the sausages, and fry for five minutes on each side. Remove. Dress the lentils on a large hot dish, arrange the sausages on top of the lentils, crown-shape, and serve.

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534. MACÉDOINE OF VEGETABLES

Cut with a very small vegetable-scoop two medium-sized carrots and two medium-sized turnips; place them in a small saucepan with a pint of hot water, one teaspoonful of salt, and let boil for thirty minutes. Strain and replace in the saucepan with two tablespoonfuls of cooked green peas, two tablespoonfuls of cooked French beans in half-inch lengths, two tablespoonfuls of runner beans, and a few small pieces of cooked cauliflower (if at hand). Season with two saltspoonfuls of salt and a saltspoonful of white pepper, adding half an ounce of good butter. Mix well with a wooden spoon till thoroughly thickened, and use for garnishing.

535. SAVOURY HARICOT AND ONION

Soak half a pound of haricot beans in water overnight, then boil them till tender, and strain off. Melt two ounces of butter in a stewing-pan, and slice two medium-sized onions into it; let them cook till tender, then add the beans, with pepper and salt to taste and a squeeze of lemon-juice. Let all this simmer gently for an hour or so, and give it a frequent stir or shake. Make a sauce with some of the stock from the beans, thickened with a little flour, and serve very hot.

536. SAVOURY TOMATO AND MUSHROOM

Cut as many rounds of bread as you require, butter them, and place a mushroom upon each. On the mushroom place a tomato which has been skinned, season with pepper and salt, and bake.

537. VEGETABLE CHARLOTTE

Have some slices of stale bread cut into narrow fingers and fried in bacon fat. Place this as the

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lining of a mould, as closely as you can get them to fit. Put in the following: any cold cooked peas or beans, one small cooked cold cauliflower broken up very small, any odds and ends of cooked meat or ham finely minced, seasoning of salt and pepper, and two breakfastcupfuls of thick parsley sauce. Minced shallot is an improvement. Cut a round of fried bread to cover the top entirely, and set in a good oven for a quarter of an hour, or until all is well heated through.

538. VEGETABLE CURRY, No. 1

Cut onions into thin slices, and fry a good brown in butter; add breakfastcupful of milk in which a teaspoonful of curry has been mixed. Let all boil together for twenty minutes, stirring the whole time; then add the vegetables—previously par-boiled—and let all simmer for an hour. Potatoes, peas, beans, carrots, and turnips may be used. Broad beans alone make a delicious curry.

539. VEGETABLE CURRY, No. 2

Take some boiled and sliced carrots and turnips, some cooked peas, French beans, little squares of cooked vegetable marrow, some cauliflower or broccoli—in fact, any cold, cooked vegetables which may be to hand. Place them in a stewpan with a little clarified dripping, and put on the edge of the stove, so that the dripping may be melting and the vegetables warming, while the curry sauce is prepared. For the sauce, fry two sliced onions in clarified fat, then mix with them one dessertspoonful of curry-powder, and fry for two minutes. Pour into the stewpan three-quarters of a pint of stock and cook until the onion is quite tender. Mix one dessertspoonful of arrowroot with some milk to a paste; stir into the sauce, and simmer for eight

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to ten minutes; add five or six drops of lemon-juice. Pour on to the vegetables, stir gently, make thoroughly hot, and serve in the centre of a wall of rice.

540. VEGETABLE DUCK

Take a young and tender vegetable marrow, slit it right down, remove the seeds, fill the two cavities with breadcrumbs, chopped onions, chopped sage, and about a tablespoonful of butter, mixed with one beaten egg. Season with pepper and salt. Bind the halves together again, and put in a slow oven till baked a good brown. Baste with a little melted butter.

541. VEGETABLE FISH

Boil quarter of a pound of ground rice in one pint of mixed milk and water; then add two potatoes boiled and mashed, one saltspoonful of mace, about one teaspoonful of pulped onion or onion-juice. Mix all pretty stiff, and spread it out to cool, about one inch thick. When cold, cut it in slices, bread-crumb and fry it, and serve with a sharp sauce.

542. VEGETABLE GOOSE

Soak half a pound of breadcrumbs in cold water, squeeze them nearly dry, and mash them. Mix in one onion chopped small, one teaspoonful of chopped parsley and herbs, one ounce of butter, pepper and salt. Place mixture in a buttered dish, and bake in a good oven for about one hour.

543. VEGETABLE PIE

Required: one onion, one carrot, one turnip, one stick of celery, one handful of shelled green peas (if in season), half an ounce of sago, one ounce of

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butter, pepper and salt, pie-crust. Cut all the vegetables small, and stew them with the sago and butter in a *very little* water until nearly cooked; then put them in a pie-dish, cover with crust, and bake about half an hour. Any other vegetables may be used at pleasure. Mushrooms are always an improvement.

544. VEGETABLE SOUFFLÉ

Have two good-sized carrots boiled or steamed till tender; pass them through a sieve. Add one large steamed potato, sieved; place in a pan over the fire, and add two tablespoonfuls of butter, one tablespoonful of flour mixed to a smooth paste with milk, one tablespoonful of minced parsley, seasoning of salt and pepper. When all the ingredients are thoroughly blended, stir in three beaten yolks. Remove from the fire to cool off, then add four whites whisked stiff. Take a buttered tin mould, dust it with very fine crumbs or raspings; put the mixture in, strew the top with raspings and melted butter, and bake in a moderate oven.

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CHAPTER VI

VEGETABLE CREAMS AND PURÉES

NOTE.—As Soups do not come within the scope of this book (being separately considered in the *Soup Book*), I include here some vegetable creams and purées, which are singularly nutritious and appetising. Purées should not be served as soups, but as vegetables, so to speak, in a liquefied form. Their thickness is not derived from flour or roux, but from the actual vegetable ingredient which has been employed, delicately cooked and passed through a sieve. For convalescents, children, old people, and persons of weak digestion, no better way of treating vegetables can be found.

Creams and bisques more nearly approximate to the conventional soup; they are chiefly prepared by adding a vegetable pulp (or meat or fish pulp) to a thin white sauce. As the pulp will otherwise settle to the bottom of the dish instead of blending evenly with the liquid, a thickening of cornflour, arrowroot, or tapioca is usually added, also yolks of eggs.

All these preparations necessitate much care and trouble; but the purées are the most easily made and probably the most satisfying, for which reason I have relegated the majority of creams and bisques to the *Soup Book*.

545. ARTICHOKES, CREAM OF

Peel and wash well in cold water twenty-four medium, sound Jerusalem artichokes; place them

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in a saucepan with half-sliced carrot, half-sliced onion, two well-cleaned sliced leeks, one sliced stalk of celery, one chopped branch of fresh parsley, one quart of broth or water, one quart of milk. Season with a teaspoonful of salt, one saltspoonful of cayenne pepper, and one saltspoonful of grated nutmeg. Cover the pan and let slowly boil for thirty minutes.

Have in a saucepan one ounce of melted butter and two ounces of flour. Stir well while heating for one minute. Strain the artichokes, etc., through a gravy strainer into this saucepan and briskly whisk for two minutes; as soon as it comes to a boil, add one gill of cold cream and half an ounce of good butter; whisk briskly for two minutes, then strain the cream through a cheesecloth into a hot soup tureen and serve with a plate of bread croûtons separately.

546. ARTICHOKE SOUFFLÉ

Take some Jerusalem artichokes, boil until they are soft enough to press through a sieve; season with salt and pepper. Have ready a custard made with two yolks and half a pint of milk, then add two whisked whites, and mix with the artichoke. Place in a mould, and steam for one hour. A tomato purée may be served with this.

547. ASPARAGUS, CREAM OF

Heat one tablespoonful of melted butter in a medium-sized saucepan, then add a pint of drained tinned asparagus tips, keeping the liquor, and gently cook on the fire for ten minutes, occasionally mixing meanwhile; pour in the liquor of the asparagus and two quarts of hot water; add one sliced white onion, two cloves, one saltspoonful of thyme,

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one bay-leaf, and two branches of parsley. If any clean raw chicken bones are at hand, add them. Season with two teaspoonfuls of salt, half a teaspoonful of sugar, two saltspoonfuls of cayenne pepper, and one saltspoonful of grated nutmeg. Cover the pan and let gently simmer for forty minutes. Dilute in a bowl five tablespoonfuls of rice-flour with one egg-yolk and one pint of milk, and add to the broth. Mix well with a wooden spoon while cooking for five minutes. Remove, strain the cream through a fine sieve, then through cheesecloth into a hot soup tureen, and serve with a plate of fried bread croûtons.

548. CELERY, CREAM OF

Trim off all the green parts of three heads of celery. Cut them up in very small pieces, then thoroughly wash in fresh water and drain well on a sieve. Place the celery in a medium-sized pan with half a sliced carrot, two sliced leeks, and one medium, sliced white onion. Moisten with two quarts of cold water. Season with a light tablespoonful of salt and a teaspoonful of white pepper; if any chicken or veal bones are at hand, add them to the saucepan. Cover the pan and let boil rather slowly for forty-five minutes; strain the broth into a basin and keep hot.

Place all ingredients except the bones in a mortar, and pound to a paste, then add to the strained broth. Heat one ounce of melted butter in a saucepan, pour in two and a half ounces of sifted flour; briskly stir with a wooden spoon for two minutes, then drop in the celery broth; mix lightly while cooking for five minutes; add a pint of good hot milk, one gill of cream, half an ounce of good butter, and one saltspoonful of grated nutmeg; mix well with a wooden spoon until it comes to a boiling-point, then add one gill of cream. Mix well

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while heating for two minutes, but do not allow to boil again. Pass the cream through a small sieve, then through a gravy strainer into a hot soup tureen, and serve.

549. BEANS (HARICOT), PURÉE OF, No. 1

Steep one pint of haricot beans in cold water overnight; in the morning put them into a pan holding two quarts of cold water, with a sliced onion and one teaspoonful of salt. Boil them slowly for four hours, then strain through a colander; add one pint of milk, season to taste with salt and pepper, and reheat in a saucepan, stirring so that the purée does not "stick" or burn. Serve very hot.

550. BEANS (HARICOT), PURÉE OF, No. 2

Boil as above after soaking all night. Pass them through the masher to free them from their skins; add some butter, a little lemon-juice, pepper and salt. Place in a saucepan with a small quantity of stock. Serve very hot.

551. BEANS (WHITE), PUREE OF

Soak a pint of white beans overnight; drain, place in a saucepan with half a pound piece of salt pork, one carrot cut in quarters, one white onion with two cloves stuck in, two branches of parsley, half a teaspoonful of salt, half a teaspoonful of pepper, and one quart of water. Cover pan, boil thirty minutes, then set in oven one hour. Remove, free beans from all the ingredients, then press through a sieve into another saucepan; add half an ounce of good butter, and mix well with wooden spoon while heating for four minutes; remove, and use as required.

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552. CAULIFLOWER, PURÉE OF, No. 1

For this a loose, overblown cauliflower will serve rather better than a firm one. Clean the flower part, put it into fast-boiling salted water for ten minutes, then remove and drain it. Have ready the following preparation in a stewpan: one minced onion, one ounce of minced bacon, one ounce of butter, lightly fried; add one tablespoonful of flour, a little salt, and one pint of stock, and go on stirring till it boils; then add the cauliflower. Let all simmer gently for half an hour, then pass through a sieve, and put back in the stewpan to heat through. A little more stock, and a tablespoonful or so of boiled milk, may be added now to thin the purée if desired.

553. CAULIFLOWER, PURÉE OF, No. 2

Remove the outer leaves and thoroughly wash a large head of white cauliflower without cutting off the stalk. Place in a saucepan with three quarts of water, quarter of a pint of milk, and a teaspoonful of salt, and let boil for fifty minutes. Lift up and thoroughly drain, then press through a sieve into a small saucepan; add one ounce of good butter, two saltspoonfuls of salt, one saltspoonful of cayenne pepper, and a saltspoonful of grated nutmeg; mix while heating for five minutes; remove, and use as required.

554. CHESTNUTS, PURÉE OF

Slit on one side thirty-six good-sized, sound Italian chestnuts and plunge them in boiling water for ten minutes. Drain and peel them. Place in a small saucepan with two and a half gills of cold water; season with half a teaspoonful of salt and two saltspoonfuls of white pepper. Cover the pan,

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boil for a minute, then set in the oven for thirty-five minutes. Remove, place the whole in a mortar, and pound to a smooth paste. Press through a sieve into a small saucepan, add one saltspoonful of grated nutmeg, half an ounce of butter, and two tablespoonfuls of cream. Mix well, heat for two minutes, and serve.

555. CHESTNUT PURÉE, SAVOURY

Take half a pound of large chestnuts, slit each a little, put into salted boiling water. Boil twenty minutes, or until the shell and skins can be easily removed; having done this boil again in a little stock, and when quite soft, pass through a fine sieve. Add salt and pepper, and just enough brown sauce, tomato sauce, or good rich gravy to make a smooth paste when thoroughly mixed. Re-heat a minute, and serve.

556. CUCUMBERS, PURÉE OF

Peel four medium, sound, ripe cucumbers, cut in quarters, remove spongy parts; place in a saucepan with a pint of broth and half a teaspoonful of salt. Cover pan and boil thirty minutes. Thoroughly drain, then rub through wire sieve into a bowl.

Mix in a saucepan a tablespoonful of melted butter with a tablespoonful and a half of flour; beat for half a minute; add a gill of cream, sharply stir until it comes to a boil, then add purée with three saltspoonfuls of salt, a saltspoonful of cayenne, half an ounce of butter, and sharply stir while heating five minutes. Remove, dress the purée on a vegetable dish, and neatly smooth both sides to a dome shape; arrange six heart-shaped croûtons around, and serve.

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557. CHICORY, PURÉE OF

Remove stalks and any stale leaves from four small heads of chicory; thoroughly wash, drain on a sieve, plunge into a quart of boiling water with a teaspoonful each of salt and sugar, and let boil for thirty-five minutes. Drain on a sieve, press all water out with a skimmer, then finely chop it. Place it in a small saucepan with an ounce of good butter, three saltspoonfuls of salt, half a teaspoonful of sugar, and two saltspoonfuls of pepper. Stir well on the fire while heating for five minutes; remove, and use as directed.

558. CUMBERLAND PURÉE

Peel and slice sound apples and bananas, five of each; place in saucepan with half an ounce of butter, a tablespoonful of sugar, two tablespoonfuls of currant jelly, half a teaspoonful of salt, and a saltspoonful of cayenne. Mix well, and cook on fire for twenty-five minutes, frequently stirring meanwhile; press through sieve into a bowl, dress on a vegetable dish, and serve.

559. MUSHROOMS, PURÉE OF

Take one pound of sound, fresh mushrooms; peel, trim, and remove stalks. Place the stalks and trimmings in a saucepan, with seasoning of salt and pepper, and sufficient water barely to cover them; let this boil, and then simmer for a quarter of an hour. Strain off the liquid, and add it to the mushrooms in a lined pan, with a little over a gill of fresh milk and another slight seasoning of salt and pepper. Let this boil, and then simmer for a quarter of an hour; then remove pan from fire, and let the contents grow cool in it. Lift out the mushrooms with a skimmer, leaving all the liquid in the pan;

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dry them carefully, and pass them through a sieve, along with half an ounce of fresh butter. Strain off the mushroom liquor, add a pint of good brown sauce, and stir it in a double-boiler over the fire till it thickens, when the purée must be gently stirred in.

560. POTATO PURÉE

Take one dozen potatoes, peel and slice them; slice up two onions, one head of celery, and the white part of two leeks. Sauté these in four ounces of butter for ten minutes; and three cloves, salt to taste, a little parsley, and two quarts of veal broth. Cook until the potatoes are tender, then pass all through a fine sieve. Return to the fire, and let simmer for twenty minutes; if the purée be too thick, more stock can be added. Just before serving, add three beaten yolks of eggs, half a cupful of cream, and two ounces of butter broken very small. A little chopped chervil may be sprinkled over at discretion.

561. SORREL, PURÉE OF

Remove the stalks and also all stale leaves, if any adhering, then thoroughly wash in three different changes of cold water two quarts of very fresh sorrel; lift it up with the hands and drain well. Heat half an ounce of butter in a small saucepan and add the sorrel; season with a teaspoonful of salt, half a teaspoonful of white pepper, and a tablespoonful of fine sugar. Cover the pan, and gently cook on a moderate fire for ten minutes, lightly mixing once in a while; drain off all the water, then press the sorrel through a small sieve into a bowl; add a few bits of butter, mix well with a wooden spoon, and serve as required.

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562. TOMATOES, PURÉE PARMENTIER AUX

Cut up four or five medium-sized and very mealy potatoes with two small carrots, one pound of ripe, well-coloured tomatoes, and a small head of celery. Put into a pan two ounces of well-clarified beef dripping, and as soon as this is melted put in the tomatoes and a medium-sized onion finely sliced and let all cook in the covered pan for twelve to fifteen minutes, after which pour in three pints of stock (or water), together with the potatoes, celery, etc., and seasoning to taste, and let simmer gently till the vegetables are in a pulp; then rub it through a sieve, reheat, add a spoonful or so of cream, and serve with fried croûtons.

563. TURNIPS, PURÉE OF

Scrub and pare about six white turnips. Cut them into slices, cover with cold water, and bring quickly to the boiling-point. Drain and blanch by rinsing in cold water, then cover with salted boiling water and cook until tender. Drain and turn into a cloth, and wring out the moisture. Pass through a sieve, then return to the fire to heat. Melt three tablespoonfuls of butter, cook in this two tablespoonfuls of flour, and, when frothy, add the turnip and quarter of a cupful of thick cream with salt and pepper. Stir constantly until the mixture boils, then turn into the serving-dish. Chestnuts, cauliflower, onions, peas, beans, celery, spinach, etc., all make good purées for garnish of fish or meat dishes. The recipe given above will, with minor changes, serve for any purée. The method of sifting is the same in any case—*i.e.* with a wooden spoon rub the material through a strong wire sieve of medium mesh, first placing the sieve firmly

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bottom upwards over a plate and scraping the material from the under side as it passes through. In some cases, as always with meat and fish, the vegetable will pass through the sieve more readily if it be first mixed with the sauce, etc.

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CHAPTER VII

HERBS AND SALADINGS

NOTE.—This chapter includes those pot-herbs which are used in connection with salt food at the present day: a small list indeed compared with those of our fathers; and the same may be said of their salad-stuffs, which were infinitely more varied and numerous than ours. John Evelyn reduced a long list of possible "salletings" to thirty-five; but Abercrombie, writing about a century ago, mentions forty-four. Wild flowers were included—whether as pure decoration or not it is hard to say—also very many young green shoots and sprouts, and no doubt a number of plants of exotic origin might now be added to the list.

I have only included such herbs as are used for *salt* dishes. Bay-leaf is used for both sweet and salt.

Salad vegetables already mentioned—beets, celery, cucumbers, endives, cresses, lettuces, radishes, tomatoes, etc., will be found in Chapter II under their respective headings.

564. BOUQUET OF HERBS

The faggot, or bouquet, so frequently used for flavouring, should consist of a bay-leaf, a sprig of thyme or sweet marjoram, and two or three cloves wrapped and tied inside two or three small sprigs of parsley; a piece of lemon-rind is sometimes added. Seeds, such as celery, peppercorns, etc., should be tied in a bit of muslin.

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Another method, more elaborate, is termed *bouquet garni*: for this you first put a layer of parsley on the table; then the bay-leaf and thyme, next, one or two spring onions, a strip of lemon-peel, and a very small blade of mace. Two cloves and a small stalk of celery may be added. The parsley is wrapped well round all these, and tied at both ends. Bay-leaf counts as a flavouring herb. The idea is, to be able to remove the herbs entire from the hot liquid which they have flavoured.

565. ALEXANDERS

This is a very ancient pot-herb, sometimes known as wild horse-parsley, and having a decided resemblance to celery both in appearance and flavour. It grows wild, and is a common plant in early spring, especially near the sea—in fact, its whole associations are those of sea and spring, and the "blowing of the western wind Favonius in Februarie" (see Pliny on alexanders). It can be used like celery, the upper part of the roots and the young tops (blanched or not) being eatable either as salad or cooked.

566. ANISE

Apart from medicinal usages, the seeds of this are chiefly employed for flavouring soups. It needs discretion in the amount used, being fairly strong for our modern tastes, and having a highly individual flavour.

567. BASIL

Of this celebrated herb there are two varieties, sweet and bush basil. It is of great antiquity, and has always been surrounded with the most extraordinary superstitions: as, that it must be sown with cursing and railing; that it breeds scorpions;

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that it will not grow along with rue, etc., etc. Be all this as it may, basil is a most useful flavouring herb for soups and salads, and no connoisseur in cookery can afford to be without it. By the French it is considered indispensable. It imparts a somewhat clove-like taste, and can be used either fresh or dry.

568. BURNET

This is a salad-herb, which must be eaten young or not at all. It has a pleasant smell, and tastes rather like cucumber. It is a native plant, and was formerly to be found in every garden.

569. CHERVIL

This is a most valuable addition to salads, and (as a flavouring herb) to other salt dishes. It must not be confused with the vegetable chervil (see p. 73). It is really a desideratum to the artistic and conscientious cook, because nothing can exactly replace it.

570. CRESS

This is the cheapest, commonest, and most popular of green-stuffs, except, perhaps, watercress. Its peculiarity is that one cannot think of cress without mustard: these two are practically inseparable. It, or they, can be stewed or boiled, but popular custom is all in favour of eating them uncooked—and very excellent they are. Be sure, however, that your cress is fresh—stale "salleting" is not only nasty, it collects bacilli with extreme assiduity.

571. CHICORY, OR ENDIVE

Endive is an admirable salad-herb when forced and blanched. So also is wild endive, or succory

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(*Barbe de Capucin*), which boasts one of the loveliest blue flowers in England. A pleasant, and probably wholesome bitterness, characterises this plant, and it makes a very useful winter salading. (See p. 74.)

572. DANDELION

This can also be forced and blanched like chicory, but the very young dandelion supplies a delightful ingredient for salads. (See p. 81.)

573. FENNEL

An aromatic wild plant of which either the seeds or the chopped leaves are an excellent relish for fish dishes, especially mackerel and salmon. It has been cultivated for centuries, but I have never found the wild fennel much inferior, if at all, to the garden variety. It is usually either added to white sauce, like parsley, or, also like parsley, minced finely and strewn upon the fish in question.

HORSE-RADISH

NOTE.—One hardly knows under what heading to class this favourite condiment. Usually regarded as an indispensable companion to the roast beef of Old England, it certainly cannot be considered of dietetic value, though its mediæval worth, especially as an anti-scorbutic, is unquestionable. It is probably more digestible grated than scraped; and good horse-radish sauce, properly made, is a unique and delicious preparation.

Preparation.—Choose a young and tender root in preference to an old one; scrub it thoroughly, remove all the ends, etc. Either scrape it into minute shavings, using a sharp knife, or grate it; the latter

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is preferable where sauce is concerned. If the process be carried on in a strong draught, your eyes will be less affected.

574. HORSE-RADISH SAUCE, COLD

To a small teacupful of grated horse-radish, add the same amount of cream, and mix well; then stir in a small teaspoonful of salt, half a teaspoonful of pepper, a teaspoonful of powdered sugar; last of all, one tablespoonful of vinegar, which must be mixed in very gradually, so as not to curdle the cream. If you want the sauce still hotter, add a flat teaspoonful of mustard.

575. HORSE-RADISH SAUCE, HOT

Put a teacupful of grated horse-radish into a tumblerful of good stock, and simmer gently till heated throughout; then add two beaten yolks and one dessertspoonful of tarragon vinegar. Season with pepper and salt; stir well till thick and hot, and serve.

576. HYSSOP

Not much used nowadays in England, but formerly in request for flavouring broths and soups, and for sprinkling into salads. It is strongly aromatic, and has had a great reputation in its time.

577. LAMB'S-LETTUCE OR CORN-SALAD

A wild plant, frequently cultivated in gardens since Elizabethan days; extremely popular in France as a salad herb, but never a great favourite over here, though, indeed, it is, in Gerard's phrase, none of the worst.

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578. MARIGOLD

This cheerful, pleasant flower was once a *sine quâ non* in broth and soup, "the Herb Generall in all pottage." The yellow petals, whether freshly gathered or dried, or pickled, are useful for flavouring broth or for adding to salads; they are not like anything else in taste or look, and are distinctly wholesome.

579. MARJORAM

A wild herb, grown largely as a garden pot-herb, and in former days as an adjunct to salads. Marjoram is chiefly employed for flavouring soups and forcemeats, but its older uses might well be revived. It is peculiarly pretty when growing wild, —its soft purple-red blossoms being striking in their colour and profusion.

580. MINT

This invaluable herb is one of the best in all respects. Not only is it applicable (as a mere delicate *soupçon*) to salads, not only is it the sworn companion of green peas and new potatoes, but its very smell is refreshing and invigorating. The name mint is said to be derived from the Greek *menthe*, the mind, because of its cheering effect upon the spirits.

Mint should be either absolutely dry—*i.e.* powdered—or absolutely fresh. Stale and flabby mint is worthless. Take plenty of mint leaves, wash them and gently squeeze out the moisture; chop them very small; put them into a bowl or sauce-boat, and pour over them about two tablespoonfuls of boiling water; add two tablespoonfuls of sugar. Cover up closely and leave in a cool place for about half an hour; then add a pinch of salt, a dash of pepper, and either four tablespoonfuls of vinegar

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or the juice of a lemon. If you intend to use the latter, one tablespoonful of sugar will suffice.

Mint-sauce, as only too commonly made, is a repellent vinegarish liquid, containing nothing but a few coarsely chopped pieces of mint. It is as different as chalk from cheese compared with the properly-made article, which should be *thick* with finely minced mint.

581. MUSTARD

The mustard which is inseparable from cress is not the same plant as that from which the condiment is made. It is a small salad herb which we have cultivated for many centuries, and even if one does not agree with the enthusiastic Evelyn that it is "of incomparable effect to quicken and revive the spirits," still, it is always welcome, as an addition to the salad-bowl or eaten plain with bread and butter—of course, plus cress. In preparing mustard and cress for the table, be careful to remove, so far as possible, the split seeds which in many cases still adhere to the stalks.

582. PARSLEY

Perhaps the most celebrated, in point of antiquity, among all pot-herbs—the source of innumerable curious sayings and superstitions—parsley, from time immemorial has been in continual usage and appreciation. The roots, the leaves, and the seeds were cooked in olden days, or the fresh green sprays were valued as garnishing, or the chopped leaves were put into hot dishes as well as salads, or the seeds were strewn into various concoctions, from soup to cheese. Parsley was alternately regarded as an evil omen of death and disaster which could throw a whole army into panic, or as the verdant mysterious garden-bed whence babies were

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brought into the household. According to popular traditions, parsley must be sown only on Good Friday, if you want it to grow at all; it has been said to go to the devil and back nine times before it comes up. As for its present culinary worth, I need hardly discuss that; but let me entreat you to use it as fresh as possible, to chop it (if to be chopped) as fine as possible, and to remember that a little garnishing of it lends attractiveness to the plainest dish—it is so very clean and green and pretty.

583. PURSLANE

A thick, fleshy plant, which can be eaten either uncooked with salad dressing, or as a cold, cooked vegetable for salad purposes. It was formerly also pickled, like samphire. It is, I believe, coming into use again with many households.

584. SAGE

Many are the virtues attributed to sage by folks of bygone days; its very botanical name, *Salvia*, is derived from the idea of saving and healing. "He that would live for aye," says the adage, "must eat sage in May." Its high repute extends so far back into the ages, that its present comparative discontinuance is the more strange. Sage and onions still hold their own, chopped sage is included in certain stuffings; but we are not prone to include "the tender summits of the young leaves," or the flowers of sage, in our salads, as in former centuries.

585. SAMPHIRE

An excellent wild plant, succulent, fleshy, aromatic, known only to dwellers by the sea. Samphire (a corruption of *Herbe de Saint Pierre*) grows on rocky cliffs, and is not always easy to come at.

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"Half-way down," wrote Shakespeare of Dover cliff, "hangs one that gathers samphire—dangerous trade." The one that gathered samphire, wanted it for pickling and for salads—to both which purposes it is pre-eminently fitted. By popular repute it grows just out of reach of the waves, but just within reach of the spray, which endows it with a unique salty flavour, in addition to its natural spicy aroma. For centuries it was considered "the pleasantest sauce," and is still largely employed for pickling by those acquainted with its virtues.

586. SAVORY

There are two species of savory, ("summer" and "winter"), commonly used as pot-herbs; both are very useful. They are not unlike marjoram in appearance and flavour, and are sometimes confused with it. Common savory, in other lands, is used much as we use parsley, finely minced and strewn over other vegetables, or put into pottage, etc. Winter savory, formerly used in dried and powdered form as a relish, although more in demand than the former kind, might be much more largely used with advantage. It is a grateful and pleasant herb.

587. SORREL

Practically indispensable on the Continent, but much neglected here of recent years. Sorrel is a salad-herb of exceeding individuality. It gives a touch of sour which is peculiarly fascinating; it imparts "so grateful a quickness to the salad that it should never be left out." Both garden sorrel and French sorrel are employed; it is a matter of taste which you prefer. Do not put too much in the salad, that's all—a little goes a long way. (See also p. 167.)

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588. TARRAGON

This aromatic and peculiarly individual herb is very precious to the expert cook, both for use like parsley, chopped and strewn, or as tarragon vinegar. Its "somewhat austere" taste, as described by the old herbalist, renders it a most desirable addition to salads, as to certain sauces and dressings. I should class tarragon as an indispensable. It is especially useful, in vinegar form, for mixing "French" mustard.

589. THYME

This fragrant and ancient herb is full of gentle poetic associations, such as hardly any other culinary plant possesses. "Evergreen, sweet-scented, fine-flavoured," thyme abounds in honey, and has just sufficient aromatic pungency to lend character to its delightful sweetness. There are many species, but for kitchen purposes lemon-thyme and common garden thyme are the best. Whether fresh or in a dried powdered state, it is invaluable. A little taste of thyme, especially lemon-thyme, is good in salads.

SMALL ONIONISH SALADINGS

590. CHIVES

Chives are always spoken of in the plural; I do not think anybody ever said "a chive." This is because they are so very minute, more like tubular grass than anything else. They are Alliums, or onions, of the Liliaceæ order, and you might easily mistake their little leaves for those of some small liliaceous plant. It is the leaves only which are used, and these for flavouring purposes alone, finely chopped. They are excellent for salads.

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591. GARLIC

This is the strongest, rankest, and most pungent of all the onion tribe; it is specially popular, for some inscrutable reason, in hot countries, but in our temperate climate it should only be used with great discretion. Merely to rub a dish or salad-bowl with a clove of garlic is usually sufficient for culinary purposes. "The little more, and how much it is!" Throughout this book I have but seldom mentioned garlic, because, if overdone, it is too terrible to any cultivated taste. Still, it is a valuable thing, and has been regarded as such from time immemorial.

592. ROCAMBOLE

A native of Denmark, and a member of the onion or Allium family, "the gentler Rocambole" has fallen more or less into disuse. It is not so strong as garlic, and not so mild as onion. The bulbs, used young and green, are delicate and savoury, and can be satisfactorily employed in all places where garlic is indicated. Few persons in this kingdom enjoy the rank pungency of the latter.

593. SHALLOTS

These may be described as the smallest and daintiest bulbs of the onion family. They are used for flavouring and pickling, but never, so far as I know, as an individual dish. They are most useful little bulbs where a very mild onionish suggestion is desired. The name is sometimes spelt "eschalot," a corruption of the botanical surname *ascalonicum*, indicating its origin from Ascalon in Palestine. We are not to suppose that the Lady of Shalott was associated with anything so prosaic as even this meekest of onions.

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594. SPRING ONIONS

These are of guileless aspect, but immense potency. They hoard up the very essence of onion, compact and concentrated; they are onion, as it were, in tabloid form. They are alluring in the extreme; you can't find their equal for salads. But afterwards you are "sorry you spoke." I have known a hapless person who spent a whole midsummer night, vainly endeavouring to banish the taste of spring onions, partaken of, in a supper salad, not wisely but too well. If you can make up your mind to *like* the taste of the spring onion when continued for eight or ten hours on end, there is nothing more appetising at the moment of eating. But oh, as the Canadians say, "'tis fierce!"

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CHAPTER VIII

SALADS

NOTE.—The word *salad* means, literally, something salted. It has come to be applied especially to a combination of vegetables, herbs, nuts, etc., either cooked or uncooked, but generally the latter, served cold, and with a sauce or dressing containing cream or oil, acid, and salt. You can have a salad of one vegetable only—a simple mixture of few ingredients is preferable for many reasons; but salad, in its widest term, may comprehend a great many odds and ends besides its vegetable basis, its contents extending to eggs, cheese, fish, and even meat and game, not to mention various fruits. It may here be noted that the term "fruit salad" is literally a contradiction in terms, since this latter dish is sweet, not salt. It is a mélange of different fruits, carefully arranged; but not, strictly speaking, a salad at all.

Salads are of immemorial antiquity; here in England they have been popular, at any rate, since Shakespeare's days, and their main constituents, in all probability, have remained very much the same. I presume that the original salad consisted of uncooked vegetables and herbs, and that the addition of cooked items is a comparatively modern innovation. The oldest salad-plant, in all probability, is lettuce; the next oldest, radish. After those, the favourites are cress, beet, celery, cucumbers, cabbage (shredded), dandelion, endive, mus-

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tard, onion, sorrel, tomato, and watercress. And when you have named these, you are only at the beginning, for in addition to all the salad-plants mentioned in Chapter VII.—which are or have been in common use in other countries, but have mostly been forgotten here—almost every cooked vegetable—potatoes first and foremost—can be successfully incorporated into a salad; all manner of herbs can be employed for its seasoning. Almonds, hazel-nuts, pea-nuts, walnuts, etc., are an excellent addition; hard-boiled eggs are invaluable; cream cheese, English and foreign—Stilton, Cheddar, Gruyère, Neufchâtel, may be requisitioned; so may apples, bananas, melons, oranges, pineapples, currants, cherries, etc., etc. Shredded scraps of fish, flesh, and fowl—tinned fish and potted viands—can all be included, on occasion, in this delectable compound which you mix and call a salad.

"But it needs heaven-sent moments for this skill." A salad ill-mixed, or carelessly arranged, or prepared with stale and flabby materials, is much worse than none at all. It ought to be (*a*) pleasant to the eye—prettily and decoratively placed, not dumped into a bowl all anyhow. It ought to be (*b*) nicely regulated in flavour and texture—pleasant to the mouth. And it ought to be (*c*) of distinct food-value—and so planned that it *is* so.

For instance, lettuce and watercress, by themselves, are very wholesome, but not very nourishing. Directly, however, you add a definite article of food—such as potato, or cheese, or egg, or nuts, even in very small quantities—you have distinctly heightened the dietetic value of the salad, and that is an important thing to do.

Also it must be remembered that the oil or cream contained in the salad-dressing is a notable essential to health, and although for people of weak digestion the vinegar which must companion the

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oil is inadvisable, it may always advantageously be replaced by lemon-juice. A large number of salad dressings will be found in Chapter IX. but, as stated there, the secret of success in salad-dressing is slow and gradual amalgamation of all the ingredients, especially the acid—vinegar or lemon-juice—which always must be added last.

PREPARATION OF A SALAD

The green vegetable ingredients of a salad should be as fresh as possible: crisp tenderness is their first requisite. They should be gathered either in the early morning or after sunset, and kept in a cool place—*not* soaking in water, as is too frequently the case, but in a tin or earthenware vessel closely covered to exclude all air.

Do not start cooking them till shortly before they are required, then cleanse them with great care. Cut off the root, remove discoloured leaves, and wash thoroughly, examining each leaf, for slugs and centipedes are unwelcome in a salad; then place them in very cold water, acidulated with a little lemon-juice and vinegar. Leave them about half an hour; remove, drain, and dry—not by squeezing, but by swinging them to and fro in a piece of butter-muslin or a wire basket. You can, if need be, further gently wipe them between folds of butter-muslin or cheese-cloth, then let them stand open to the air for a minute. If they are wet, the dressing will not adhere to them properly. It is better to use a silver-plated knife than a steel one; but a clean, sharp steel one may be employed for cos lettuce, the leaves of which should be piled one on another, and then cut through into ribbons of equal size. The outer leaves of cabbage lettuce may be treated similarly, but the inner leaves should not be cut at all, merely separated each from each.

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New potatoes, beets, and other fairly firm root vegetables should be cut into rings, rounds, cubes, or stars; this can be done best with tin paste cutters. All the ingredients should be as neat and symmetrical as possible—not ragged or haphazard in appearance—and as clean, cold, and crisp in texture as you can get them.

They should not be put together until the last moment before you are ready to dress them.

It is possible to arrange a salad in decorative form, and to serve the dressing—especially if it be mayonnaise or bought "salad cream"—separately. This is usually considered rank treason and heresy against the orthodox rules of salad-making, but in some cases it is advisable, especially for people who strongly dislike oil, in obvious evidence.

So far as is possible, I have avoided including any salads which contain meat, poultry, game, fish, or tinned stuff. These are all regarded as legitimate ingredients of a combination salad; but they seem rather out of place in a Vegetable Book.

The question of onions demands a paragraph to itself. Some people consider a salad tasteless without onion in some form—whether garlic, Spanish onion, shallots, chives, or those delicious but potent small spring onions, of which it may be said that they are "little—but, oh my!" Other people, again, simply loathe to encounter any of these savoury vegetables. How are you going to please both? Well, a few drops of onion juice (see No. 705) may be incorporated with the salad; or a crust of bread may be flavoured with garlic, onion, or shallot, and rubbed round the bowl inside (this is a very usual proceeding); or a slice of onion, or a clove of garlic, may be rubbed well round the bowl. The middle way, as usual, is the safest.

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THE DECORATION AND ARRANGEMENT OF SALADS

This is a most essential matter; it makes all the difference between a mere rubbish-heap of unconsidered trifles, and an ordered, organised, symmetrical, and beautiful dish. Nature never makes anything carelessly or haphazard; if you examine into the smallest daisy, you will find evidence of the most exquisite shaping, balance, and symmetry of its component parts. At the base of millions of flower-petals, where they are joined on to the corolla, you would discover the most intricate and lovely ornamentation of design and colour. No eye can see it, without unpicking the flower; but there it is, all the same. A similar inconceivably perfect decoration exists in shells, in bird's feathers, in all sorts of microscopic objects; the idea of rhythmic proportion, finish, and beauty pervades the whole.

So that there is no waste of time or energy really involved, in humbly following the footsteps of Nature. If the Creator took all this meticulous care with the (apparently) most trivial of His works, we should not count it labour lost even to arrange a salad well.

One may secure an almost infinite charm of variety in doing this. There are various points to consider: (1) the general form of the salad, (2) the way in which it is to be served, (3) and the manner in which it is to be garnished. The first should more or less dictate the second. A large combination salad including cooked and uncooked vegetables is more suitably placed in a big salad bowl, and there garnished to taste. A small and dainty salad of few ingredients can be served in nests of lettuce leaves, in baskets of halved orange-peel, in scooped-out shells of red apple, or cups fashioned from beetroot. Tomato "cases" may be used; small half-melon

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rinds: in fact "there is nothing," as has been well said, "which cannot be artistically blended with something else, in the fruit and vegetable world."

Then as regards garnishes. Very often the main constituents of a salad, especially when it mostly consists of cold cooked vegetables, do not readily lend themselves to use as actual garnishes. It is true that you may cut your beet, radishes, cucumbers, apples, bananas, and other firm ingredients into a variety of pretty fanciful forms; you may combine them with all manner of additions in the way of nuts, cheese, hard-boiled egg, etc. For instance, you can arrange rings of Spanish onion with a centre of tomato in each; hard-boiled eggs may be cut in strips, with yolk centres, *à la marguérite*, or shaped into petals, like water-lilies; or supplied, when the white is sliced in rings, with centres of beetroot or tomato. Little stars of cream cheese can be placed upon discs of beetroot. Tomato jelly or cucumber moulds may be used as bases for other items. Shredded white of egg and shredded beetroot can be arranged in a multiplicity of ways; and all these colour-effects of whites, reds, and yellows can form kaleidoscopic combinations with the delicate, delicious greens of cress, and water-cress, nasturtium leaves and lettuce. There is really no limit to the methods in which you may exercise your artistry and ingenuity.

Then, again, you may provide extra garnishes, all edible and appropriate to the particular salad in hand. Bunches of currants, white or red; sprays of parsley; many of the salad-herbs enumerated in Chapter VII; ivory fragments of blanched endive; golden suns of marigold. Endless, indeed, are the decorations open to the salad-maker.

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595. ALSACIENNE SALAD, No 1

Plunge three Cambridge sausages into one quart of boiling water and boil for six minutes. Remove and let get cold, then slice into thin slices. Slice also four medium-sized, cold, boiled potatoes, one medium-sized, sound white onion, six medium, sound pickles, and one very small, thoroughly cleaned and well-drained head of lettuce. Place all these articles in quite a large bowl. Season with four tablespoonfuls of salad dressing as per No. 692. Mix well and serve.

596. ALSACIENNE SALAD, No. 2

Finely mince three cold, boiled, peeled potatoes, a quarter of a very small white cabbage, one medium, white onion, and two small, well-trimmed, pickled lamb-tongues. Place in a salad bowl. Finely chop together two branches of fresh parsley, one branch of fresh tarragon, one branch of chervil, and add to the bowl. Season with four tablespoonfuls of dressing, as per No. 692. Mix well and serve.

597. APPLE SALAD, No. 1

Two cupfuls of sour apple, half a cupful of celery, half a cupful of blanched walnuts, two tablespoonfuls of "Florence Cream" salad dressing, one cupful of whipped cream, one teaspoonful of sugar. Dust salt and pepper on nuts.

598. APPLE SALAD, No. 2

Take six good eating-apples, peel and core, and cut them in extremely thin slices. Place a layer of these in a glass dish. Have ready four tablespoonfuls of castor sugar, quarter of a teaspoonful of powdered cinnamon, and sprinkle it over the fruit. Put another layer of apples, and repeat till you

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have used all. Pour one gill of sherry over the whole, and set the salad aside in a cool place for one hour.

599. APPLE AND CRESS SALAD

Peel four apples; cut them into small sticks like matches; dress them with oil, vinegar or lemon-juice, salt and pepper. Take one bunch of cress, and dress it the same way; then arrange it in a dish, in a wreath around the apple.

600. ARTICHOKE SALAD

Green globe artichokes (cold cooked) may be combined with cold cooked celeriac very finely shredded, and one or two chopped capsicums. They should be dressed like No. 618.

601. ASPARAGUS SALAD, No. 1

Asparagus, cooked and cold, may be served either alone, or combined with lettuce, or in conjunction with other cold, cooked vegetables. A mayonnaise dressing is advisable.

602. ASPARAGUS SALAD, No. 2

Scrape and clip off ends of two bunches of fresh, sound asparagus; thoroughly wash in cold water, tie in three bunches, and plunge in three quarts of boiling water with a tablespoonful of salt. Cover pan, and gently boil twenty-five minutes. Take up and re-plunge in cold water until thoroughly cold. Drain well, dress on a dish, and serve with a mayonnaise sauce separately.

603. ASPARAGUS AND SALSIFY SALAD

Cook some asparagus tips, carefully drain and let cool. Mix with about half the amount of cold cooked

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salsify, finely shredded, and two small shallots finely chopped. Add chopped parsley, tarragon, and chervil to taste. Dress with mustard, pepper, salt, worked in oil until the mixture is quite thick, then thinned a little with vinegar or lemon-juice.

604. BANANA SALAD

Take sound just-ripe bananas, peel and slice a quarter of an inch thick. Take an equal amount of russet apples, peel, core, and chop into dice; add half their quantity in chopped or grated walnuts, hazels, or almonds (blanched, in every case), and arrange all in a dish upon very tender lettuce leaves. Sliced oranges may be substituted for the apples and nuts; which should be carefully peeled, the white pith removed, and the pulp cut up neatly with a silver knife and fork. Serve with a thick sour cream dressing; or sprinkle with lemon juice, and serve with mayonnaise.

605. BANANA AND NUT SALAD

Take six bananas, peel and slice in even-sized pieces. Dip them into the whisked white of one egg, and place them upon lettuce leaves in a salad bowl. Strew over them a breakfastcupful of chopped nuts of any kind, and pour a French dressing over all. Place the egg yolk in a double-boiler, with half a breakfastcupful of honey, two tablespoonfuls of vinegar, one tablespoonful of butter, one saltspoonful of salt. Stir till it thickens; take it off the stove and mix into it two tablespoonfuls of cream. Let it grow cold, then add it to the salad, which should be kept meanwhile in a cold place.

606. BASTO SALAD

Cut into Julienne strips one very small stalk of white celery. Peel and core one good-sized sound

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apple and cut it into similar strips. Neatly trim a small head of fresh, crisp endive, detach the leaves, wash well, and thoroughly drain and cut each leaf in half. Place the articles in a large salad bowl; season with four tablespoonfuls of salad-dressing as per No. 692. Carefully mix at the very last moment and serve.

607. BIRD'S-NEST SALAD

Take cooked spinach, drained well, chopped, and seasoned with salt, pepper, oil, and lemon-juice. Shape it into little nests, and place them on a flattish dish. Let them grow quite cold; then shape little eggs of Neufchâtel cheese (these can be made with butter paddles), dust them with cayenne, and arrange in the nests. Fill in between the nests with lettuce leaves or blanched celery tips, dressed with French dressing. Serve with a broad fish-slice or similar silver knife.

608. BRUSSELS SPROUTS SALAD

Trim the outer leaves off a pint of fresh Brussels sprouts; thoroughly wash and keep in a quart of cold water with a tablespoonful of salt for thirty minutes; drain thoroughly and place in a saucepan with two quarts of boiling water and half a teaspoonful of salt. Cover the pan, and let boil for forty minutes; drain on a sieve, and let them stand on it in a cool place—not on the ice—until cooled off. Place them in a salad bowl, season with four tablespoonfuls of dressing (No. 692), mix well, and serve.

609. CABBAGE SALAD

Take a good crisp, firm head of cabbage and cut out the centre (leaving the shell of outer leaves compact), and shred it finely. Have ready the fol-

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lowing dressing: three beaten yolks, half a teaspoonful of mixed mustard, two tablespoonfuls of sugar, quarter of a teaspoonful of salt; when these ingredients are mixed, add two tablespoonfuls of butter and then, very gradually, five tablespoonfuls of hot vinegar. Stir this mixture over hot water till it becomes thick and smooth, then allow to cool; mix it with the shredded cabbage, and put all into the cabbage shell.

610. CAROLINE SALAD

Cut three slices from a sandwich loaf, remove the crusts, then cut in quarter of an inch square pieces and fry in a pan, with a tablespoonful of melted butter, to a nice golden colour. Drain and place in a salad bowl. Peel and remove the spongy parts of a sound cucumber and cut in small square pieces. Cut an ounce of rich Swiss cheese into similar pieces and add all to the bowl with half a pint of freshly cooked green peas. Shell thirty hazel nuts, cut in halves, and add to the rest. Mix a little, and season with four tablespoonfuls of dressing (No. 692). Mix again and serve.

611. CAULIFLOWER SALAD

Cut off stalk, and trim outer leaves of a large, sound, white head of cauliflower; detach the blossoms, plunge them in two quarts of boiling water with a gill of milk and a teaspoonful of salt, and boil twenty-five minutes. Drain on a sieve and let thoroughly cool off. Place blossoms in a bowl, season with four light tablespoonfuls of dressing (No. 692), carefully mix without breaking the pieces, and serve.

612. CAULIFLOWER AND BEET SALAD

Take some cold, cooked cauliflower; separate the flowerets, and dress them with oil, salt, pepper, and

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vinegar or lemon-juice. Dress, separately, with the same ingredients, the shredded outside leaves of a cabbage lettuce and a beetroot cut into ornamental shapes. Any trimmings left from the vegetables should be chopped small together, and dressed as above. Place the lettuce in the middle of the bowl, and the cauliflower, carefully drained, above it. Sprinkle the shaped pieces of beet on these, and arrange little piles of the chopped beet, etc., at points around the central mass. Serve mayonnaise in a separate dish.

613. CELERY AND APPLE SALAD, No. 1

Have two stalks of fresh, crisp, white celery. Trim off the outer leaves, wash thoroughly, drain well, then cut into small Julienne-shaped strips; place on a napkin and dry it thoroughly.

Peel three medium-sized, sound apples; cut them in quarters, cut away core and seeds, then cut them in Julienne strips, the same as the celery. Place both in a salad bowl. Season with four tablespoonfuls of dressing, as per No. 692. Mix well and serve.

614. CELERY AND APPLE SALAD, No. 2

Take some red apples, slice off the tops, scoop out the insides, and mix the latter with finely chopped celery. Dress with a mayonnaise dressing, and return the mixture to the apple shells. Place crisp lettuce leaves around the apples at discretion.

615. CELERY, APPLE, AND PISTACHIO SALAD

Take an equal amount of peeled, cored apples, and of cleaned celery. Cut them into Julienne strips, and sprinkle with lemon-juice. Mix them with mayonnaise dressing, to which has been added

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four tablespoonfuls of blanched and grated pistachio nuts. Garnish with lettuce leaves, with cored apples sliced in thin rings and sprinkled with lemon-juice to keep them white; with stars of mayonnaise, and halved pistachio nuts.

616. CELERY AND CHEESE SALAD

Take blanched celery stalks cut into small pieces; add half the quantity of Dutch cheese cut into little cubes; dress with a French dressing, and place in a salad bowl which has been lined with the heart-leaves of lettuce. Garnish with half-tomatoes, which have been seeded, the edges cut in points or vandykes to simulate petals, and the centre filled with two or three small celery tips.

617. CELERY AND ORANGE SALAD

Take a good head of celery, clean it well, cut up a dozen pieces of two-inch lengths, fringe, and drop them into cold water acidulated with lemon; wipe the rest of the celery quite dry, cut up into small uniform pieces, dress with a French dressing, and place in salad dish. Garnish with slices of orange (not too sweet) cut lengthways, and with the fringed celery.

Note.—To fringe celery for garnishing, cut into two-inch lengths, and, starting at the round side, cut down half an inch of the thinnest possible shreds. Then do the same at the flat side. Proceed similarly at the other end: drop the pieces into cold acidulated water. The shreds will curl over and meet in the centre of each piece.

618. CELERIAC SALAD, No. 1

Take two tablespoonfuls of finely-shredded cold cooked celeriac. Take about double this quantity of endive, and pull it into tiny bits. Add two

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shallots finely chopped, and mix all thoroughly. Place in salad bowl, and dress as follows: three dessertspoonfuls of salad oil, one of vinegar, half a dessertspoonful of tarragon vinegar, salt, pepper, and mustard to taste, and a pinch of castor sugar. Blend thoroughly and pour into the salad. Toss until all is well coated with the dressing.

619. CELERIAC SALAD, No. 2

Boil celeriac in good stock. Slice it thinly, and let grow cold; add about half the amount of cooked beetroot cut in neat cubes, and three roasted chestnuts, shelled and chopped or grated. Mix well, pour on a vinaigrette dressing, toss well, place in bowl and serve.

620. CHERRY SALAD

Take half a pound of sweet ripe cherries, slit them with a sharp knife, stone them, and put a blanched hazel-nut in the heart of each. Then arrange them on small cut lettuce leaves, and serve with a mayonnaise dressing.

621. COLD COOKED VEGETABLE SALAD, No. 1

The remains of a cold cauliflower, pulled into small heads; a small carrot sliced finely; a teacupful of haricot beans or green peas; thin slices of cold potato; any scraps of cheese which can be grated. Arrange symmetrically and pour a dressing over.

622. COLD COOKED VEGETABLE SALAD, No. 2

Take the following cold cooked vegetables: one small carrot finely sliced, half a small cauliflower with the flowers divided up small, one truffle, one teacupful of haricot beans. Mix carefully, place in

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a salad bowl, and dress as follows: one teaspoonful each of mustard, salt, and castor sugar; one hard-boiled yolk, sieved or powdered; one tablespoonful of salad oil, two tablespoonfuls of thick cream, a touch of anchovy sauce, a squeeze of lemon-juice, and last of all one teaspoonful of good vinegar. Blend all gradually and thoroughly. Pour it over the salad, incorporate well with the other ingredients, and garnish the salad to taste.

623. COMBINATION SALAD

Take an equal quantity of cucumbers pared and thinly sliced, tomatoes seeded and sliced, cooked mushrooms sliced; three truffles sliced, the pulp of two or three sweet oranges, sliced. Mix carefully, sprinkle with a few drops of lemon-juice, and moisten, or rather mask, with mayonnaise sauce. Peel the oranges so as to leave a half-rind with a strip of peel for the handle, like a basket—about five or six of these will be required. The garnish may be of crescents of sliced onion, each holding a round of beetroot or tomato; of chopped nuts, halved walnuts, or cucumber cut in fancy shapes.

624. CONTINENTAL SALAD

Slice or cut in dice, according to the kind of vegetables available, then season rather highly with salt and pepper, moisten with fine salad oil and vinegar, in the proportion of two tablespoonfuls of the former to one of the latter, and toss well so as to distribute the seasonings equally. Make the salad two or three hours before serving and keep it in a cool place until required. By way of variety a little cold fish, ham, boiled eggs, meat, poultry or game, etc., may be added to the salad when such items are at hand and not wanted for any other purpose. They should be cut up small and

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well seasoned previous to mixing with the other ingredients. Garnish the salad with slices of bright red boiled beetroot stamped out in fanciful shapes or cut in dice and arranged in tiny heaps, and sprigs of well-washed and seasoned watercress.

625. CRESS, NUT, AND CELERY SALAD

Take a shallow bowl, and arrange watercress in a wreath around the centre. Put inside this some finely sliced celery, and in the very middle put some skinned and thinly cut walnuts. Pour over this a salad dressing such as No. 692. Thin slices or cubes of apple may be added at discretion. Lemon-juice should be squeezed on apple to keep it white.

626. DUVAL SALAD

Cut the following into Julienne strips; three globe artichoke bottoms (cooked or tinned), two round middle-sized truffles, a good firm apple peeled and cored. Take the heart of a clean crisp celery-stalk, and cut it in half-inch pieces; add a good-sized cold boiled potato, minced; and six large tablespoonfuls of cooked (or tinned) cold asparagus tips. Shuffle all these gently in a bowl, to mix without breaking them. Gradually sprinkle over them one good tablespoonful of olive oil, one level tablespoonful of lemon-juice, three saltspoonfuls of salt, two saltspoonfuls of pepper, one teaspoonful of chopped mixed parsley. Mix all these well, but gently and carefully, and transfer to a salad bowl. Lay four level tablespoonfuls of mayonnaise over the centre, and serve.

627. ENDIVE SALAD

Only the blanched leaves should be used, uncooked; wipe them with a damp cloth. If the leaves

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be flabby, put the stalk in water till they revive, but do not let the water touch the leaves—your object should be to have them as crisp as possible. Garnish with slices of radish, and a whole radish cut to resemble a flower. Dress with French dressing made with tarragon vinegar, or use lemon-juice and sprinkle with finely chopped tarragon leaves.

628. FISH SALAD

One pound of cold, cooked fish, one potato (mashed), one lettuce, two tablespoonfuls of olive oil, one tablespoonful of vinegar, one hard-boiled egg, one teaspoonful of made mustard, one tablespoonful of milk, one piece of cooked beetroot, two pickled gherkins, parsley, salt, pepper, castor sugar.

Break up the fish into small pieces, removing the skin and bones. Wash the lettuce, or endive, tear into small pieces, dry in a cloth. Mix the mashed potato with milk, stir into it oil and vinegar, season with mustard, pepper, salt, and sugar. Blend well to produce a smooth dressing. Mix the salad with the fish, and season with the dressing. Pile up on a dish or salad bowl. Garnish with slices of beetroot, and serve.

629. FRENCH BEANS SALAD

Place over a dish of cold beans a tablespoonful of oil, one teaspoonful of vinegar, pepper and salt, and cover them thickly with chopped parsley.

630. GEORGIA SALAD

Cut in inch Julienne shape two cold, boiled potatoes, two cooked, cold beetroots, one small sound onion, and two peeled and cored sound apples. Place in a salad bowl, adding three tablespoonfuls

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of cooked, cold French beans, cut in inch pieces. Remove skin and bones from a small smoked herring, then cut in very small square pieces and add to the rest. Pour in four tablespoonfuls of dressing (No. 692). Carefully mix and serve.

631. GRAPE, ORANGE, AND NUT SALAD

Remove the skins from some large white grapes; halve them and remove the seeds. Take an equal quantity of shelled walnuts; blanch and break them in pieces. Peel several oranges and cut them in lengthwise slices. Dress each of these ingredients, separately, with oil and a little lemon-juice; then mix them and serve them on the heart leaves of lettuce.

632. HARICOT SALAD

One pint of white haricots, well boiled. Sprinkle over them one teaspoonful of salt and half a teaspoonful of pepper; add a very finely chopped onion or a few drops of shallot vinegar, one tablespoonful of vinegar, two tablespoonfuls of oil, and a sprinkling of very finely chopped parsley.

633. INDIANAPOLIS SALAD

Place in a salad bowl six tablespoonfuls of cooked, cold fresh peas; add two cold, boiled potatoes, two pickled beetroots, and three slices of cold sausage cut in small square pieces, six chopped anchovies in oil, one tablespoonful of capers, twelve sliced, stoned olives, and two cold, chopped, hard-boiled eggs. Toss well for a minute, season with five tablespoonfuls of salad dressing (No. 692), thoroughly mix, neatly wipe the bowl around, and serve.

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634. LIECHTENSTEIN SALAD

Place in a bowl (all cold) four tablespoonfuls each of cooked green peas and runner beans cut in half-inch pieces, a half-pint of well-drained, cooked asparagus tips, four anchovies in oil cut in very small pieces, four tablespoonfuls of cooked French beans, a tablespoonful of capers, two small, very finely sliced vinegar pickles, and two cold, hard-boiled eggs cut in small pieces. Toss well together in bowl, season with four tablespoonfuls of dressing (No. 692), mix well, and serve.

635. MACEDOINE SALAD

With a small potato-scoop, scoop out all you can from six medium, scraped carrots and four peeled, medium white turnips; place in a saucepan with a quart of water and half a teaspoonful of salt, and boil thirty-five minutes. Drain well on sieve, then place in a cool place and let cool off. Add then four tablespoonfuls of cooked, cold green peas, four tablespoonfuls of cold, cooked French beans, cut in short pieces, two tablespoonfuls of cold, cooked fresh or canned asparagus tips, and half a small cold, cooked cauliflower (but nothing but the perfect flower) in small pieces. Season with four tablespoonfuls of dressing (No. 692), gently mix all well together, and serve.

636. MELON SALAD

Take a firm ripe melon, slice it in a deep bowl, alternately with thin slices of Spanish onion. Sprinkle with pepper and salt and leave it covered up for one hour; then remove the onion, and dress the melon with a mixture of two parts of olive oil to one of lemon-juice; add a sprinkling of cayenne or white pepper, and serve.

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637. MUSHROOM JELLY SALAD

Take two pounds of thoroughly fresh mushrooms, trim and clean, put into a pan with one small onion, a squeeze of lemon-juice, a little pepper, and one gill of mushroom catsup. Simmer till the ingredients can be passed through a sieve. Dissolve half an ounce of leaf gelatine in one gill of water, strain, and add to the juice. Pour into a deep mould; when cold and set, unmould, and serve in the centre of a tomato and French bean salad dressed with vinaigrette.

638. NASTURTIUM SALAD

Take young shoots and small leaves of nasturtiums, add at discretion a few flowers, the paler yellow ones for preference. Sprinkle with a little salt and a tablespoonful of chervil finely chopped. Mix three tablespoonfuls of salad oil with the juice of two lemons, and when thoroughly amalgamated, dress the nasturtiums with it till every leaf is thoroughly coated. Garnish with nasturtium flowers and (at discretion) thin slices of cucumber.

639. NEW LONDON SALAD

Place in a salad bowl two peeled tomatoes cut into eight pieces each, one stalk of crisp white celery cut in quarter-inch squares, two cold, medium, boiled potatoes cut in quarter-inch squares, and twenty-four good-sized, sound hazel nuts cracked and cut in halves. Season with two tablespoonfuls of seasoning (No. 692), gently mix; add two tablespoonfuls of mayonnaise (No. 698), gently but thoroughly mix; neatly wipe bowl all around, and immediately serve.

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640. NORFOLK SALAD

Cut in thin slices two medium-sized red tomatoes, one peeled cucumber, four branches of crisp white celery, and six vinegar pickles; place in a salad bowl, adding two cold, chopped, hard-boiled eggs; lightly mix the vegetables, then season with four tablespoonfuls of dressing (No. 692); thoroughly mix, and serve.

641. ONION SALAD

Take one large Spanish onion, blanch and peel it. Scald six just-ripe tomatoes and remove skins. When all are cold, slice the onion very thinly, and the tomatoes the same, and lay them in alternate slices round and round a salad bowl; the centre of which should be filled with heart leaves of lettuce and a few chopped chives. Pour a vinaigrette dressing over all.

642. ORANGE SALAD

Peel three or four oranges, remove the white inner tissue, and divide the fruit into "cloves" or slice it; lay it on lettuce-leaves in a salad bowl, cover it with an equal amount of mixed chopped apple, chopped celery, and chopped nuts. Mask with mayonnaise.

643. ORPHELINE SALAD

Skin, bone, and cut six good-sized sardines into quarter-inch pieces; place in a bowl, adding six cold, hard-boiled eggs cut in quarters, one good-sized peeled apple cored and cut in thin slices, and three peeled, boiled potatoes cut into thin slices. Season with four tablespoonfuls of salad dressing (No. 692), adding half a teaspoonful of freshly chopped chives. Mix all well, and serve.

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644. PINEAPPLE SALAD, No. 1

Arrange a good fresh lettuce, pulled to small bits, in a shallow salad bowl. Take a small tin of pineapple chunks, cut them into smaller wedges, and arrange them in the centre like the spokes of a wheel. For the hub of the wheel put a little red-currant jelly, or a bit of beetroot. Sprinkle grated cheese, a mild kind, or bits of cream cheese, over the pineapple; mix very gradually two tablespoonfuls of cream, or of the best salad oil, with one tablespoonful of lemon-juice, and pour this over the salad.

645. PINEAPPLE SALAD, No. 2

Take one cupful of pineapple chopped into small cubes (it should be somewhat tart, not fully ripe), one grape-fruit shredded, and half a cupful of chopped nuts of any kind. A little chopped celery may be added at discretion. Mix all thoroughly but carefully, and serve on lettuce leaves, covered with a mayonnaise dressing.

646. PINEAPPLE AND TOMATO SALAD

Take some ripe but firm tomatoes, and carefully slice a little off the tops and remove the pulp. Mix this with pineapple chunks chopped very small, add a sprinkling of finely chopped parsley and pepper, and return the moisture to the tomato cases, with a teaspoonful of good mayonnaise dressing on top of each. Sprinkle a little very finely minced parsley over, and place the tomatoes among lettuce leaves.

647. POTATO SALAD, No. 1

Cut some tepid, cooked potatoes into thin slices; put them in a salad bowl, mix with one part of

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vinegar, two of salad oil, a little chopped chives and parsley, a small quantity of chopped capers; season with pepper and salt. Mix carefully so as to incorporate all the seasoning without breaking the potato.

648. POTATO SALAD, No. 2

Rub the inside of a salad bowl with a clove of garlic, cut in halves. Take one quart of cold, boiled potatoes, cut them in small cubes, and mix them with half a small onion, grated, and one tablespoonful of finely minced parsley. Sprinkle this with salt and pepper and five tablespoonfuls of oil; shake and toss till all is smoothly mixed; then add three tablespoonfuls of vinegar and toss again. Keep in a cool place till served.

649. PORTUGUESE SALAD

Peel and cut in halves two medium, sound cucumbers. Remove spongy parts and finely slice. Slice very finely one small Spanish onion, two medium, fresh, red tomatoes, and two sound, peeled, and cored apples. Place these in a salad bowl, season with four tablespoonfuls of dressing (No. 692), mix well, and serve.

650. STETSON SALAD

Take two good-sized globe artichoke bottoms (cold cooked, or tinned), cut in half-inch pieces, place in salad bowl. Cut to same size the heart of a well-washed stalk of celery; leave to dry in a cloth. Take three half-inch-thick slices of a fresh pine-apple (peeled and with eyes removed), cut in half-inch pieces, place with artichokes. Add three tablespoonfuls of cold, cooked green peas, sprinkling them into bowl. Scald, skin, and quarter three

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fine small red tomatoes; add celery to bowl, then tomatoes. Mix in a saucer one and a half tablespoonfuls of olive oil, two saltspoonfuls of pepper, half a teaspoonful of salt, three teaspoonfuls of lemon-juice. Blend through, pour into salad and gently incorporate. Add four tablespoonfuls of mayonnaise dressing at last moment.

651. TOMATO SALAD

Take some good ripe tomatoes, cut them into slices with a sharp knife, lay them in a salad bowl with a few finely sliced rings of Spanish onion or a dozen young spring onions. Season with pepper and salt and a pinch of sugar, sprinkle with chopped parsley, and pour a salad dressing over. Add, at pleasure, thin slices of cold, cooked potato, a few chopped capers, or a little grated cheese.

652. TYROLIENNE SALAD

Place in a bowl half a pint of cold, cooked French beans, two medium, sliced, pickled beetroots, one finely sliced onion, two cold, hard-boiled eggs finely chopped up, and two medium, peeled, and cored apples cut in small square pieces. Toss well in bowl, pour in four tablespoonfuls of dressing (No. 692), mix well, and serve.

653. WALDORF-ASTORIA SALAD

Cut into Julienne strips one good-sized pickled beetroot, two medium, sound, peeled, and cored apples, two very tender, well-cleaned stalks of white celery, and place all in a bowl. Crack and carefully pick out the kernels from thirty-six sound hazel nuts; cut each one in quarters, and place with the rest; toss them well in a bowl, season with four tablespoonfuls of dressing (No. 692), mix well, wipe the bowl all around, and serve.

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654. WALNUT AND BANANA SALAD

Take six ripe but firm bananas; peel them, cut in slices, and place in a salad bowl. Mingle them carefully with a tumblerful of shelled blanched walnuts broken fairly small. Sprinkle with salt and pepper, squeeze over them the juice of half a lemon, strew over with two large tablespoonfuls of mayonnaise dressing, and serve.

655. WATERCRESS AND TOMATO SALAD

Plunge four medium, sound red tomatoes in boiling water for one minute; take up with a skimmer, carefully peel, let cool off, then cut each tomato in eight equal sections and place in a salad bowl. Trim off large stalks, remove any stale leaves from one large or two medium bunches of fresh, green watercress, wash thoroughly, drain well on a cloth, and add to tomatoes. Season with four tablespoonfuls of salad dressing (No. 692), mix well and serve.

Note.—This salad should be seasoned and mixed only at the very last moment.

656. WINTER SALAD, No. 1

Take a stick of celery and a little endive; cut and shred them up in short pieces; mix in two tablespoonfuls of russet apples cut in dice after peeling and coring. Cover these with half a pound of grated nuts of any kind, and pour a thick dressing over all.

657. WINTER SALAD, No. 2

Take some white haricot beans, French beans, potatoes, beetroot, and onions. Blanch all the vegetables separately, cool, and drain them. Chop the onions, and put them in the corner of a cloth;

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dip this in cold water, and press the water out of the onion. Do this two or three times, which will render the onion more digestible. Cut the potatoes and beetroots in half-inch discs. Put all into a salad-bowl, adding some chopped chervil; season with salt, pepper, oil, and vinegar, and mix the whole well.

658. WINTER SALAD, No. 3

Cut up small some endive and celery, add two tablespoonfuls of russet apples cut into dice. Stir well, and cover these with half a pound of grated nuts, and mix mayonnaise sauce with the whole.

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CHAPTER IX

SAUCES, SALAD DRESSINGS, ETC.

NOTE.—As the *Sauce Book* of this series will be devoted wholly to its subject, I include here only such sauces and dressings as are to be used with vegetable or vegetarian dishes. A sauce may be the making or the marring of a concoction, and yet it is the rarest thing in the world to find a really well-made sauce in the average English household. A French epigram declares that "one may become a good cook or roaster—one must be born a sauce-maker." It is not only a matter of skill and experience—though these are infinitely necessary. It requires a fine taste, a sense of daintiness and delicacy, and the *mot juste* in flavouring. Sauce demands, in short, that you should treat it "as if you loved it." The crude unappetising preparations too often dignified by the names of sauces and salad-dressings are literally not worth their salt. Whereas "a perfect sauce," it has been said, "is a promoter of digestion and an aid to nutrition; where a contrary effect is produced, something is wrong with the sauce."

A sauce will render the commonest vegetable more palatable, by presenting it under a new aspect, and with a different added flavouring. Texture, also, so important a point in gastronomic matters, is to be considered here; it is because the sauce is of so different a texture and consistency to the

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vegetable, that it is doubly welcome. I venture to think that very few household cooks recognise the extreme help and value of sauces.

All simple sauces are, or should be, produced from *roux*, white, yellow, or brown, mixed with salt and pepper, and diluted with liquid—cream, milk, water, or stock.

Roux, which imparts substance to a sauce, is made with equal weights of flour and butter (or with twice the weight of butter to the flour) cooked together. Place the butter, say one ounce, in a small, smooth, clean pan; when it has melted till it bubbles, add half an ounce of flour, with a quarter of a teaspoonful each of salt and white pepper. Stir this well in, and continue to stir until the mixture turns yellowish—three to five minutes. (If you want a brown sauce, go on stirring until the mixture turns a reddish brown.) Now move the pan to a cooler part of the range, gradually add a cupful of cold milk or white stock, stirring constantly. When all the liquid has been added, let the sauce boil up again fast, then let it simmer five minutes in a cooler place. If you are not ready to use it, stand it in hot water, covered over so that it shall not form a film on top. If, after standing thus, you find the butter separated from the sauce, with an oily appearance, add one tablespoonful of cold liquid and stir over the fire until it boils again.

This is the foundation of all thickened sauces.

For mayonnaise and other salad dressings, remember that a teaspoonful of lemon-juice or vinegar, added to the yolks of eggs before the oil is put in, will lessen any liability to curdle. If, however, the mixture should curdle, break a yolk of egg into another bowl, add to this, very gradually, the curdled dressing, and then continue to add the oil, drop by drop; this will set things right. In making a large quantity of mayonnaise, the number of

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yolks may be cut down to half, but the same proportions of the other ingredients must be retained intact.

BUTTERS AND SAUCES

659. BUTTER, CLARIFIED

Put eight ounces of good butter in a small enamelled saucepan, place this in another pan containing boiling water, let it stand on the corner of the range till quite melted (about twenty-five minutes), and when it looks clear, like salad oil, skim it and strain through a fine cloth into a heated sauce-boat. A little pepper and lemon-juice may be added at discretion.

660. BUTTER, DEVILLED

Mix well in a bowl the following: half an ounce of good butter; two saltspoonfuls of dry mustard; one teaspoonful each of white wine vinegar and Worcester sauce; one saltspoonful of salt; half a saltspoonful of cayenne pepper; one yolk of egg.

661. BUTTER, GREEN

One sound peeled shallot, a quarter of a clove of peeled garlic, two branches of well-cleaned parsley, one branch of fresh watercress, three-quarters of an ounce of fresh butter, one saltspoonful and a half of salt, one-half saltspoonful of cayenne pepper. Place all these in a mortar, except the butter, and pound to a pulp; add now the butter, and pound again until the whole is well thickened. Pass through a strainer into a bowl, keep in a cool place, and use as required.

662. BUTTER MAÎTRE D'HÔTEL

Have on a cold plate three-quarters of an ounce of good table butter, half a teaspoonful of well-

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washed, thoroughly dried, and finely chopped parsley, a quarter of a teaspoonful of finely chopped chervil, half a teaspoonful of juice from a sound lemon, one saltspoonful of salt, and a half-saltspoonful of white pepper. Mix the whole well together with a fork, and use when required.

Note.—This maître d'hôtel butter should always be kept in a cool place until required.

663. BUTTER, MONTPELLIER

Thoroughly wash two branches of parsley, a branch of chervil, eight tarragon leaves, eight branches of chives, and the leaves from a branch of watercress. Drain and plunge in boiling water for two minutes, drain on sieve, place in a cloth, and press out water. Place herbs in mortar with a tablespoonful of capers, chopped pickle, yolks of two cold, hard-boiled eggs, and pound to a pulp. Remove and press through sieve into a bowl, add three-quarters of an ounce of fresh butter, sharply beat with wooden spoon for five minutes, then use as required.

664. SAUCE ALLEMANDE

Take about one tablespoonful of butter and one dessertspoonful of flour; place in a lined pan over the fire, and stir till smooth; add half a pint of milk and about a saltspoonful of mushroom essence or ketchup. Continue to stir till the mixture is thick and even, then remove it from the fire and add a good teaspoonful of butter; have one yolk of egg beaten along with the juice of one lemon, and add this last. Blend thoroughly and serve.

665. SAUCE BÉARNAISE

Take four tablespoonfuls each of sweet oil and cold water, and whisk in four yolks. Mix into this

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one teacupful of boiling water, and let all simmer until quite thick. Remove from fire, and add some finely chopped onions, capers, parsley, olives, and a few drops of tarragon vinegar.

666. SAUCE BÉCHAMEL

Place in a stewpan one sliced carrot, three shallots, three or four mushrooms, a small bunch of herbs, a little pepper, salt, and nutmeg, and one pint of water. Simmer for about one hour and a quarter, and strain through a sieve into a double-boiler to keep hot. Take two tablespoonfuls each of flour and of cream, with two ounces of butter, and mix quite smooth. Stir in gradually one pint of boiling milk; add the stock, stirring continually, and return all to the double-boiler till you want to use it.

667. SAUCE BEURRE FONDU

Take one tablespoonful of good butter, one dessert-spoonful of lemon-juice, half a teaspoonful of salt, quarter of a teaspoonful of pepper. Place it in an enamelled pan over the fire, and stir with a wooden spoon till the butter is half melted. Remove pan from fire and continue to stir until the butter is entirely melted.

668. SAUCE, CHEESE

Take half a cupful of béchamel sauce, three-quarters of a cupful of cream, a little pepper, and four ounces of Cheddar cheese thinly shaved (not grated). Stand this over hot water till the cheese is well melted. Stir till all is thoroughly smooth, and serve at once. This is suitable for boiled cauliflower, macaroni, or rice.

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669. SAUCE, CREAM

Melt two tablespoonfuls of butter in a small lined saucepan. When it bubbles, add two tablespoonfuls of flour, quarter of a teaspoonful each of salt and white pepper, and stir well for three to five minutes, or till the mixture becomes slightly yellowish; then remove the pan to a cooler place on the range, and gradually add one breakfastcupful of cream, stirring well. Put back the sauce over heat, and let boil vigorously; remove again to cooler place, let simmer five minutes; and if you are not ready to serve it, cover and stand it in a pan of hot water.

670. SAUCE, DUTCH

Cream four ounces of butter in a bowl; add four yolks, and whisk thoroughly. Stir in half a teaspoonful of salt, one saltspoonful of cayenne, the juice of half a lemon, half a gill of hot water added very gradually. Mix thoroughly, place in a double-boiler over boiling water, and stir till the whole is creamy, but do not let it boil. Remove from the fire and continue to stir till the sauce is perfectly smooth.

671. SAUCE ESTRAGON

Make a good white sauce with milk and flour, season with pepper and salt, add one teaspoonful of fresh tarragon chopped very small, about a saltspoonful of tarragon vinegar (a drop at a time, so as not to curdle the sauce), and last of all a lump of butter—about a heaped teaspoonful.

672. SAUCE HOLLANDAISE

Place two egg-yolks in a small saucepan on the range, with a teaspoonful of good vinegar and eight

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drops of lemon-juice from a very sound lemon. Sharply stir with a wire whisk for one minute, then place the pan into another larger one containing very hot, but not boiling, water; then add, little by little, two ounces of the very best butter, continually stirring while adding it. Season with a saltspoonful of salt and half a saltspoonful of cayenne pepper. Stir again for one minute, and serve.

673. SAUCE MOUSSELINE, No. 1

Half a gill of sweet cream, two egg-yolks, one ounce of butter, two saltspoonfuls of salt, half a saltspoonful of grated nutmeg, and the strained juice of a sound lemon.

Place cream, egg-yolks, salt and nutmeg in a small saucepan (or in a double-boiler); place the pan in a larger one of boiling water, seeing that the pan is fully half its height in the hot water; briskly beat with a whisk for five minutes, then add the butter, little by little, whisking constantly until the butter is dissolved. Strain the preparation into a sauce-bowl and serve as directed.

674. SAUCE MOUSSELINE, No. 2

Take four yolks of eggs, half a gill of cream, a pinch of salt, the same of nutmeg, and a rather larger pinch of pepper. Place in a double-boiler over boiling water, and whisk; gradually add half a tablespoonful of butter, in very little bits one at a time, and blend thoroughly. Whisk it all up into a rich froth, and lastly add about half a teaspoonful of lemon-juice.

675. SAUCE MOUSSEUSE

Is prepared as above, but, instead of four yolks, use two yolks and half a gill of boiling water; gradually add, one bit at a time, four ounces of

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butter, and whisk all thoroughly, putting in a few drops of lemon-juice at the very last.

676. SAUCE FOR POLENTA, RICE OR MACARONI

Sauté half a dozen mushrooms broken in pieces (if dried mushrooms be used, let soak some hours in cold water), with an onion and a clove of garlic, cut fine, in half a cup of butter until a golden brown, then add half a cup of water and two teaspoonfuls of beef extract (or use strong beef stock instead of the water and extract), and let simmer five minutes. Strain before serving.

677. SAUCE, PLAIN WHITE

Put one ounce of butter into a lined pan; stir in gradually two ounces of flour and a little pepper and salt; add half a pint of milk, stirring continually. Let boil for three minutes, or until the mixture becomes thick and creamy, and comes away from the sides of the pan. Pour over the vegetable, or serve separately in a hot tureen.

678. SAUCE RAVIGOTE, COLD

Place a cold, fresh egg-yolk in a bowl with a tablespoonful of good vinegar, three saltspoonfuls of salt, one saltspoonful of cayenne pepper, and half a teaspoonful of French mustard; briskly whisk with a small wire whisk for one minute, then add, drop by drop, a gill of oil, continually mixing briskly while adding and for four minutes after it has been added. Finely chop together one small branch of parsley, one of chervil, two of chives, four of tarragon leaves, and one shallot; add to the sauce with the juice of a very sound lemon; sharply mix again for one minute, transfer the sauce into a cold sauce-bowl, and serve as required.

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679. SAUCE RAVIGOTE, HOT

Place in a mortar three anchovies in oil, two sound gherkins, one sound, medium shallot, one tablespoonful of freshly chopped parsley, one tablespoonful of chopped tarragon, half a tablespoonful of chervil. Pound all well for five minutes or until a fine paste, then rub through a fine sieve. Place in a small saucepan, add six tablespoonfuls of thick, hot cream; briskly whisk on the corner of the range for two minutes, then add one egg-yolk; briskly stir for two minutes, add another yolk; stir, then add a third one and whisk for five minutes. Remove the pan from the range; season with a good saltspoonful of salt and a saltspoonful of cayenne pepper. Stir for one minute more, and serve.

680. SAUCE SOUBISE

Slice four onions; place them in a pan, just covered with cold water. Let them boil, and, after they have boiled five minutes, drain off the water and put them, with two stalks of parsley, into fresh boiling water. When they are very soft, pass them through a sieve, and add a breakfastcupful of white sauce made with cream or milk.

681. SAUCE TARTARE, No. 1

To one pint of mayonnaise sauce, made with tarragon vinegar and mustard, add one shallot finely chopped (or a half-teaspoonful of onion-juice) and a quarter of a cupful each of capers, chives, and pickled cucumber, all chopped small, two tablespoonfuls of chopped parsley, and half a teaspoonful of powdered tarragon.

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682. SAUCE TARTARE, No. 2

Take six tablespoonfuls of olive oil, two tablespoonfuls of vinegar, two teaspoonfuls of made French mustard, seasoning of salt and pepper. Mix thoroughly; add vinegar last.

683. TOMATO SAUCE, No. 1

Take four small ripe tomatoes, slice and fry them in a shallow stew-pan, with one ounce of butter and two ounces of minced bacon. Add two or three slices each of carrot, onion, and celery, and a sprinkling of salt and mace. Moisten with half a pint of stock or brown sauce, let simmer for twenty to twenty-five minutes. Skin, strain, and serve.

684. TOMATO SAUCE, No. 2

Take one pound of ripe tomatoes, slice them small. Fry two ounces of bacon in one ounce of butter; add to this one small chopped onion and a little bunch of mixed herbs. Fry for three or four minutes, then put in the tomatoes with about half a pint of water or stock, and let simmer till they are soft. Pass them through a sieve and return to pan. When the sauce boils again, mix one ounce of cornflour smooth in a very little water, and add to the contents of pan; keep on stirring till it boils again, let cook for ten minutes longer—add salt and pepper, and serve.

685. TOMATO SAUCE, No. 3

Slice four large tomatoes, and place them in a stewpan with a small onion and a small carrot cut in pieces; add half a pint of water or stock. Let simmer till quite tender, then rub through a sieve Add salt and pepper to taste, a teaspoonful of sugar and the juice of half a lemon. Re-heat, and serve.

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SALAD DRESSINGS AND MAYONNAISE SAUCES

686. CHEAP SALAD DRESSING

Mix one teaspoonful of made mustard, half that quantity of salt, and a dash of pepper, with one teaspoonful of powdered sugar, half a pint of unsweetened condensed milk, pounded yolk of hard-boiled egg, and half a teacupful of vinegar—the milk to be added last. Stir thoroughly, and let it stand an hour before using.

687. COOKED SALAD DRESSING, No. 1

Mix a quarter of a teaspoonful of salt with the same of mustard, and a few grains of cayenne; add the yolks of two eggs and the white of one; beat until well mixed, then add four tablespoonfuls of butter and three-quarters of a cupful of sweet cream. Place over hot water and stir until the mixture thickens slightly; then add, very gradually, two tablespoonfuls of vinegar, and set the sauce aside to become cold.

688. COOKED SALAD DRESSING, No. 2

Cream a quarter of a cupful of butter and a quarter of a cupful of sugar with one tablespoonful each of salt and mustard and a few grains of cayenne; add three beaten eggs, and pour all into one cupful of cream (either sweet or sour). Stand the mixture over hot water, and stir; when it begins to thicken, add the vinegar, a few drops at the time. Beat constantly, and occasionally remove from the hot water to avoid overheating or curdling.

689. FRENCH SALAD DRESSING

Mix half a teaspoonful of salt, quarter of a teaspoonful of pepper (freshly ground if possible), with

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a few grains of cayenne, or else a quarter of a teaspoonful of mustard, then add six tablespoonfuls of oil, and, if desired, a few drops of onion-juice. Lastly, add either lemon-juice or vinegar, drop by drop—from two to six tablespoonfuls, according to taste—and beat until the whole forms a thick emulsion; then pour this over the salad materials, and toss them with a spoon and fork until the whole of the materials are slightly coated and glossy with the dressing.

Some people first mix the pepper, salt, and oil, and sprinkle this upon the materials, till they are all coated, then finish with the lemon-juice and vinegar applied separately. In any case, a salad cannot be considered perfectly dressed unless every individual leaf or scrap of material is thinly coated with dressing, the most essential part of which should always be salad oil.

690. SALAD DRESSING FOR LARGE FAMILY

Break two eggs into a bowl, beat them up, and mix in gradually half a teaspoonful each of mustard, salt, and pepper, one tablespoonful of butter, and lastly three tablespoonfuls of vinegar. Stand the dish in boiling water and stir until the mixture is as thick as cream, then pour it over your salad.

691. SALAD DRESSING FOR ONE QUART

Have in a cold soup-plate a level teaspoonful of Indian curry-powder, half a teaspoonful of best French mustard, a light saltspoonful of ground mustard, a light saltspoonful of cayenne pepper, one teaspoonful of finely chopped, thoroughly washed and drained fresh parsley, half a teaspoonful of finely chopped, sound, fresh chives, two medium, very sound, freshly peeled and finely chopped shallots, one-fourth of a small clove of

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sound, peeled garlic finely crushed, four teaspoonfuls of salt, and one light teaspoonful of very fresh, finely ground white pepper, the rind of a quarter of a sound lemon, finely chopped. Mix all the ingredients well together with a fork, then add a tablespoonful of good olive oil, and with a fork sharply mash the whole until almost to a pulp; gradually add four tablespoonfuls of good white wine vinegar; briskly mix again, then transfer the whole into a vessel; add oil and vinegar—two-thirds of oil to one-third of vinegar—to make up one quart in all; thoroughly mix again, and then press through a strainer into a glass or stone jar and use as required, being very careful always to sharply shake the dressing before pouring it over the salad. Keep in a cold place, covered. Half, or a quarter of above quantity may be made.

692. PLAIN SALAD DRESSING

Take the yolks of two hard-boiled eggs; pound them very carefully until they are in a fine powder, entirely free from lumps; then add gradually a tablespoonful (or a little more, according to taste) of the best salad oil, and stir it well until it is the consistence of a smooth paste; then add a tablespoonful of freshly mixed mustard. After this is well mixed, stir in very gradually two tablespoonfuls of white vinegar and a teaspoonful of tarragon vinegar; then add a little salt and pepper. When these are all well mixed, stir in gradually a large teacupful of good sweet cream or new milk; add a teaspoonful of castor sugar. The whites of the eggs are to be incorporated in the salad in every case.

693. RAVIGOTE SALAD DRESSING

This is said to be the oldest salad sauce in the world. The foundation is a vinaigrette dressing

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made as below, and you add a mixture of finely chopped herbs and vegetables in equal quantities of each: viz., chervil, tarragon, chives, and capers, with the pounded yolk of a hard-boiled egg. As many people have no means of obtaining the above herbs, etc., I should suggest, as alternatives, parsley, shallots or small onions, pickled nasturtium seeds, and thyme.

694. SOUR CREAM SALAD DRESSING

Take three hard-boiled yolks, and rub them smooth in four tablespoonfuls of thick sour cream, which must be added very gradually. Add one small teaspoonful of castor sugar, the same of mustard, a dash of pepper, a little salt, and sufficient lemon-juice to thin the mixture to taste. Mix well.

695. VINAIGRETTE (FRENCH SALAD DRESSING), No. 1

One teaspoonful of mixed mustard, one teaspoonful of salt, half a teaspoonful of castor sugar, about quarter of a teaspoonful of black pepper, and (gradually added) one tablespoonful of vinegar, and two tablespoonfuls of salad oil. Stir and mix thoroughly.

Cream can always be substituted for salad-oil, and in all cases where vinegar is mentioned, lemon-juice can be advantageously used instead. It is not cheaper, but it is far wholesomer.

696. VINAIGRETTE, No. 2

Two tablespoonfuls of salad oil, one tablespoonful of vinegar, half a teaspoonful of made mustard, two eggs, salt and pepper. Boil the eggs hard, sieve or pound the yolks, add the mustard, salt, and pepper very gradually, then the vinegar, lastly the oil, drop

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by drop, until the whole is of the consistency of thick cream. It is this slow and gradual mixing which is the secret of a successful salad dressing.

697. SAUCE MAYONNAISE, No. 1

Take one yolk, one eggspoonful of made mustard, half a saltspoonful each of salt and pepper; mix well with a wooden spoon; add over half a breakfastcup of salad oil, drop by drop, till the mixture is of a thick batter-like texture; add very gradually a full teaspoonful of white vinegar, or tarragon vinegar, and blend thoroughly.

698. SAUCE MAYONNAISE, No. 2

Place in a small bowl one fresh egg-yolk, one tablespoonful of good vinegar, two saltspoonfuls of salt, one saltspoonful each of mustard and of cayenne. Whisk the whole sharply for two minutes with a wire whisk, then add, drop by drop, nearly half a breakfastcup of good olive oil, continually mixing, and still mixing for three or four minutes after the oil is all in; add the juice of a quarter of a lemon, and mix again.

699. SAUCE MAYONNAISE, No. 3

Mix half a teaspoonful of salt with a few grains of cayenne; add two yolks of fresh eggs, one teaspoonful of castor sugar, and half a teaspoonful of mustard; beat with a wooden spoon till all is well mixed and slightly thickened; add one teaspoonful of lemon-juice or tarragon vinegar, and blend well with the other ingredients; then add one pint of olive oil, drop by drop, beating constantly. When the mixture becomes too thick to beat well, add some vinegar or lemon-juice—you can use two tablespoonfuls of each (four in all),

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including the teaspoonful already used. Continue to add a little oil and acid alternately, till all is used.

700. MAYONNAISE SAUCE, No. 4

Two yolks of eggs, half a pint of salad oil (or cream if preferred), a pinch of pepper, half a teaspoonful of salt, one dessertspoonful of malt vinegar, one dessertspoonful of tarragon vinegar. The oil or cream should be added, drop by drop, to the yolks, and the vinegar added very gradually at the end, taking great care that the sauce does not curdle.

701. MAYONNAISE SAUCE, No. 5

Two raw eggs broken into a bowl; add one tablespoonful of butter, half a teaspoonful of mustard; three tablespoonfuls of vinegar added last. Stand the bowl in fast-boiling water, and stir until the sauce is as thick as cream; then add half a teaspoonful each of salt and pepper, and pour the mixture over sliced cold potatoes, sliced tomatoes, or whatever you wish to dress.

702. SAUCE MAYONNAISE, COOKED

Add to six whisked yolks two teaspoonfuls of made mustard, one saltspoonful of salt, and a pinch of cayenne, stirring continuously. Place in an enamelled saucepan, then add a quarter of a pint of salad oil, whisking all the time; next, a quarter of a pint of cream, and one tablespoonful each of vinegar and Worcester sauce; add all these very gradually, and lastly add a quarter of a pint of vinegar in the same way. Continue to stir gently all the time you are mixing, or the sauce will curdle. Place the pan over hot water or a slow fire, whisk till the mixture thickens (but it must not boil).

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Remove from fire, stir gently till it cools. This will keep for eight or ten weeks if put into wide-mouthed bottles and closely corked.

VARIOUS

703. BLANC

This is a stock used for cooking white vegetables in; it not only flavours them, but preserves their colour. One pound of finely minced beef suet is placed in a stewpan, with one tablespoonful of flour and three and a half pints of cold water. When this boils, add half a pound of finely chopped onion, one lemon-rind, one tablespoonful of powdered thyme, a few sprigs of parsley, one teaspoonful each of sugar and of salt. Let boil for thirty minutes over a sharp fire, then strain and use. A slice or so of lemon helps to retain the colour of white vegetables cooked in *blanc*.

704. DEMI-GLACE

Note.—Demi-glace, or half-glaze, is very important to the more elaborate cooking of vegetables. It must be made in a large quantity at a time, as the recipe will show, and in summer must be boiled up again every week. In winter it will keep for three or four weeks in good condition. When the supply is nearly exhausted, more must be made. It should be diluted with a little hot broth before using; this only refers to what is actually taken out of the jar.

Put ten quarts of cold water into a large saucepan; place it on the stove. Take two fresh calves' feet, cut them small, and put them into a small baking-pan, with half a pound of raw ham, cut up; one pound of veal bones, two sliced carrots, two sliced onions, two sliced leeks, three large sprigs of parsley, one head of celery (sliced); add ten cloves, four

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bay leaves, twenty allspices, two tablespoonfuls of black peppercorns, one teaspoonful of minced thyme, one and a half tablespoonfuls of salt. Put about four tablespoonfuls of fat—butter, lard or dripping—over the vegetables, and place in a hot oven till they have all turned a nice golden brown. Remove the contents of the pan and put them into the pan of water, along with one pint of tomatoes (fresh or tinned). Boil slowly for half an hour; then move pan to side of range and let it simmer very gently. Any little odds and ends of meat or vegetables can go into the pan. Let it stay where it is until the demi-glace is reduced to half the original quantity.

705. ONION JUICE

This is most valuable as a flavouring, and saves time in cooking. Peel an onion, cut a thin slice off one end, then rub it with a rotary motion against a grater, and the juice will begin to run. Rub the grater *against the onion* till all the juice is extracted. Another method is to keep a lemon-squeezer specially reserved for onions.

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CHAPTER X

VARIOUS DISHES OF VEGETABLES COMBINED WITH EGGS, ETC.

NOTE.—To blend eggs in some tasty form with vegetables, more than doubles the food-value of a dish. Needless to say, the eggs should be above suspicion; and the dish should be served very hot, attractively arranged, not an unappetising hotch-potch.

706. EGGS AND BEETROOT

Take a sound cooked beetroot; cut eight rounds, two inches in diameter and very thin (about as thick as a new penny). Mince a small shallot or a piece of onion, a few capers, and a gherkin; mix with a tablespoonful of salad oil and about a teaspoonful of vinegar. Arrange the beet upon some cress in a salad bowl, put the above mixture smoothly on each round, and on top of each lay a slice of hard-boiled egg.

707. EGGS, CONVENT

Hard-boil some eggs, shell, and cut them in half. Take out the yolks, mix them with an equal amount of grated Parmesan cheese, and a sprinkling of salt and nutmeg. Put this mixture through a sieve, and re-fill the whites of eggs with it. Put the halves together again and flour them, egg and bread-crumb

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them, and fry in deep boiling lard which will cover them completely. Serve with green peas, on small croûtons.

708. EGG CURRY

Boil twelve fresh eggs for eight minutes, lift up and let slightly cool off. Loosen shells by gently and carefully rolling on a table with the hand without detaching shells, place on a deep dish, cover with salt, let stand for ten hours, shell, cut into quarters lengthwise, and keep on a plate till required. Melt a tablespoonful of butter in a saucepan, add one and a half tablespoonfuls of flour and stir a little. Add a small sliced onion, half a clove of crushed garlic, a small finely chopped apple, half a chopped chili, a saltspoonful each of dried bay leaf and thyme, half a teaspoonful of chopped tarragon, and gently brown for ten minutes, frequently stirring meanwhile. Moisten with a pint of hot water, season with a teaspoonful of salt, two saltspoonfuls of cayenne, a saltspoonful of grated nutmeg and a teaspoonful of curry powder. Add a piece of lemon rind and one chopped red tomato, mix all well together, let cook for thirty minutes, remove lemon rind and heat eggs at oven door for two minutes. Arrange a curry rice on a hot dish in crown-like form, place eggs in centre, pour contents of pan over eggs, and serve.

709. EGGS IN DRESSING-GOWNS

Choose some round, even-sized potatoes, parboil and then bake them in the oven; when cooked, slice off the top, scoop out some of the potato, put a little piece of dripping in each, season with pepper and salt, and break a fresh egg into each; return them to the oven till the eggs are cooked, then cover over the eggs lightly with the potato which was removed, which should in the meantime have

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been mashed to a light snow, with a little dripping, and serve very hot. Grated cheese may be dusted over each potato.

710. EGGS, MANCELLE

Slit on one side eight sound Italian chestnuts, place in oven to roast for twenty minutes, remove, shell and peel. Place in a saucepan with two gills of milk, two saltspoonfuls of salt, and boil on fire until milk is nearly dry, place in a mortar and pound to a paste, then strain through a sieve into a bowl.

Boil twelve fresh eggs for eight minutes, remove and plunge in cold water for one minute, take up and shell them, then cut in two lengthwise. Scoop out yolks, add to chestnut purée with half an ounce of butter, three saltspoonsfuls of grated nutmeg, and two tablespoonfuls of cream. Mix until well thickened, then evenly divide preparation in the twenty-four half eggs, dress on dish, pour a cream sauce over them and serve.

711. EGGS, MOULDED

Butter some small moulds, and dust them inside with finely minced parsley. Break an egg into each mould, sprinkle with salt and pepper, place on a folded paper in a pan of hot water; cover, and poach, on the range or in the oven, till the eggs are quite firm. Unmould them upon a hot dish. Have ready a pint of tomatoes which have been cooked fifteen minutes with a slice of onion, and pulped through a sieve. Season with salt and pepper, and let simmer ten minutes with a breakfastcupful of mushrooms, peeled and fried in two tablespoonfuls of butter. Pour the tomatoes and mushrooms round the eggs, and serve at once.

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712. EGGS À LA NESSELRODE

Make a savoury chestnut purée as in No. 555, and press it through a pastry forcing-bag with a plain tube, making a wall round the inside of a buttered baking-dish. Put two tablespoonfuls of cream inside this wall; break into the cream, very carefully four or five good eggs. Dust with salt and pepper, place in oven till eggs are set, serve at once.

713. EGGS, PALESTINE

Trim and boil twelve good-sized Jerusalem artichokes, and set them to cool. Boil six eggs hard and let them get cold (they can be plunged into a bowl of cold water), then cut them up. Slice the artichokes, lay them in a buttered baking-dish; strew the chopped eggs over them; next, put a layer of sliced tomatoes; last, a layer of grated cheese. Bake until lightly coloured, and serve very hot.

714. POACHED EGGS AND ASPARAGUS

Cook some asparagus tips, fill puff-paste patties with them, adding plenty of butter. Lay a poached egg on top of each, and surround with sauce Hollandaise.

715. POACHED EGGS AND CREAMED CELERY

Poach some eggs, arrange them in a circle on rounds of hot buttered toast. Fill in the centre of the circle with one pint of celery, cut into inch lengths and boil till tender (about two hours), then stir in one and a half cupfuls of cream sauce. In making the sauce, use half cream and half the water in which the celery was cooked.

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716. POACHED EGGS WITH CREAMED SPINACH

Boil, drain, and chop half a pint of spinach. Cook two tablespoonfuls of flour in two of butter; add half a breakfastcupful of cream, and mix quite smooth; add the spinach, with salt and pepper to taste; simmer and stir till well mixed. Spread the spinach on rounds of buttered toast or fried bread, place a poached egg on top of each round. Sprinkle the yolks (at discretion) with parsley finely minced.

717. POACHED EGGS, SEVILLE

Cut into small Julienne strips one small carrot, one medium white onion, one green pepper, and place in a small saucepan with half a teaspoonful of salt and one saltspoonful of pepper, adding one gill of cold water and a tablespoonful of butter; mix well, cover with a sheet of lightly buttered paper, then set in the oven for twenty minutes. Remove, lift up the paper, add six sliced mushrooms and six cooked shrimps cut into halves. Moisten with one and a half gills of demi-glace and half a gill of tomato sauce. Mix well and let boil for five minutes. Arrange twelve poached eggs on a large dish. Pour the sauce over and serve.

718. POACHED EGGS AND TOMATO SAUCE

Put one pound of stewed and pulped tomatoes and a slice of onion into a stew-pan, with two ounces of butter rubbed in one teaspoonful of flour; add pepper and salt, and a little water if necessary. Stir well. Poach as many eggs as are required, and lay on hot buttered toast. Pour the tomato sauce round, and scatter chopped parsley over the eggs to serve.

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719. SCRAMBLED EGGS, TOMATOES, AND SPINACH

Cook (in stock for preference) half a peck of spinach, drain, chop fine, season with pepper and salt, and form into a ring on a hot dish. Have ready the following: six eggs well beaten, and thoroughly mixed with half a cupful of tomato pulp; add salt and pepper, turn into a hot omelet pan containing two tablespoonfuls of melted butter. Stir till lightly set, pour into the ring of spinach, serve at once.

720. EGGS, SOUBISE

Boil some onions till soft enough to put through a sieve, sufficient to make half a pint of pulp. Put two and a half tablespoonfuls of butter into a stew-pan, and when it melts, stir in half a tablespoonful of flour and the onion. Let heat thoroughly, then add two yolks beaten up, with two tablespoonfuls of milk, and mix all thoroughly, seasoning with salt and pepper. Have five hard-boiled eggs ready, slice them in thin rounds and lay them carefully in the mixture. Serve at once.

721. EGGS STUFFED, WITH SORREL

Cut a small piece from both ends of twelve freshly cooked, hard-boiled eggs, then cut them in halves crosswise. Scoop out the yolks and place them in a bowl with a tablespoonful of butter, one small chopped previously browned onion, half a teaspoonful of salt, saltspoonful of cayenne and saltspoonful of grated nutmeg. Pour in two tablespoonfuls of cream, thoroughly mix with a spoon until smooth, then with a teaspoon fill up the cavities of the whites with the stuffing. Prepare a purée of sorrel, spread over a baking-dish, arrange the eggs (standing up), sprinkle two tablespoonfuls of grated Parmesan

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cheese over the sorrel, place a little bit of butter over each egg, then set in the oven for six minutes, remove and serve.

722. EGGS AND TOMATOES

Slice off round pieces from the stem ends of tomatoes, remove part of the pulp, and season with pepper and salt. Onion-juice and chopped parsley may be also added. Break an egg into each tomato, and let cook in a slow oven till the egg is quite set. Baste it with (melted) butter, and serve on rounds of buttered toast. Garnish with curled celery; and serve a cream sauce separately.

723. EGG AND TOMATO MOULD

One pound of tomatoes, four eggs, half a teacupful of thin cream or milk, one clove of garlic or an onion. Scald and peel the tomatoes, cut into small pieces, simmer with the butter and seasoning. Remove the garlic as soon as it has flavoured the tomato. Mash the tomato as it cooks with a wooden spoon. Let it boil for ten minutes, then add the cream or milk, and four hard-boiled eggs (chopped); thicken the whole with a cornflour liaison. Pour into a wetted mould to stiffen. When cold, turn out and garnish with parsley and rubbed egg yolk.

724. EGGS À LA WORSELEY

Cook some tomatoes in halves, lightly poach some eggs, place one egg in each half, put round a pyramid of spinach, pour tomato sauce over, and serve.

725. EGG VERMICELLI

Make a good white sauce, using one and a half breakfastcupfuls of milk. Two and a half table-

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spoonfuls each of butter and of flour, salt and pepper to taste. Hard-boil three eggs, chop and place them in the sauce. Toast or fry sufficient slices of bread, and pour the sauce over them; press the egg-yolks through a fine sieve, so that their appearance is like yellow vermicelli; place them on top of the toast, and serve at once.

726. OMELETTE GIBBONS

Neatly trim a thick, white medium cauliflower, plunge it in three quarts of boiling water with a tablespoonful of salt and a gill of milk, and boil forty-five minutes. Remove, thoroughly drain, then carefully press it through a wire sieve into a small pan, add half an ounce of good butter, two egg yolks, and one gill of cream. Season with half a teaspoonful of salt, one saltspoonful of cayenne and a saltspoonful of grated nutmeg, sharply whisk while heating for six minutes, and shift pan on corner of range.

Crack eight fresh eggs into a bowl, add half a gill of milk, season with half a teaspoonful of salt, three saltspoonfuls of white pepper, and sharply beat up with fork for two minutes. Heat a tablespoonful of butter in a frying pan, drop in the eggs, mix with fork for two minutes, let rest half a minute, fold up opposite side to meet in centre, let rest for quarter of a minute. Turn into a hot dish, pour in cauliflower preparation, and sprinkle a tablespoonful of grated Parmesan cheese over all, set in brisk oven for five minutes, remove and serve.

727. OMELETTE, GREEN

Hash up together very finely three branches thoroughly washed parsley, same quantity of very fresh watercress, and the green part of a branch of chervil, and place the herbs in a bowl. Carefully

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break in eight fresh eggs, adding half a gill of cold milk. Season with half a teaspoonful of salt and two saltspoonfuls of white pepper; sharply beat the whole together for two minutes with a fork, and then proceed to make the omelette.

728. OMELETTE, VEGETABLE

Any cold cooked vegetables can be used for this, especially greens. Rub them through a sieve, add minced onions, salt and pepper, one egg or two according to amount of material, and mashed potatoes. Make it fairly stiff, and pour in melted butter.

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EXTRA RECIPES

(CHAPTER II)

729. MUSHROOM PIE

Make a purée with four carrots and half a pint of butter beans. Chop three shallots finely; trim and cut into pieces one pound of mushrooms. Make some balls of veal-forcemeat, and slice two hard-boiled eggs in six pieces each. Arrange all these symmetrically in a pie dish, moisten with bran stock or ordinary stock; cover with a rich crust, brush it with beaten egg, and bake about forty-five minutes in a good oven.

OKRAS

Note.—These West Indian pods are not in common use here as in America, but they are useful and wholesome vegetables.

730. OKRAS, BOILED

Take young green okras, wash and trim them, place in fast-boiling salted water, and let boil for a quarter of an hour or until tender. Drain, and serve with cream sauce.

731. OKRAS AU GRATIN

Take thirty-six fresh medium-sized okras, trim off ends, place them in one quart of boiling water with one teaspoonful of salt. Boil for half an hour,

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and drain on sieve. Have ready mixed in saucepan two and a half tablespoonfuls of flour in one and a half tablespoonfuls of melted butter, add one gill of milk and half a gill of cream; stir well till it boils; then put in the okras. Mix well with one teaspoonful each of salt and pepper, place in a baking dish, sprinkle with one tablespoonful of grated Parmesan cheese, strew with little bits of butter, and bake twenty minutes in a moderate oven. Serve in same dish.

732. OKRAS SAUTÉ

Fry a chopped onion in a little butter, without letting it become brown. Add six tomatoes, skinned and quartered, and let simmer thirty minutes. Put in about twelve okras, already boiled till tender. Cover and let simmer till all thickens. Dust with salt and pepper and pour upon slices of hot buttered toast.

733. PUMPKIN PIE

Take a piece of pumpkin weighing two and a half pounds, peel, trim, and cut into small pieces. Place it in three pints of boiling water, cover, and let boil twenty-five minutes. Drain well, press through a sieve into a heated bowl. Add three tablespoonfuls of powdered sugar, one saltspoonful of powdered cinnamon, half a saltspoonful of grated nutmeg, half an ounce of butter, and two beaten yolks. Mix briskly with a wooden spoon for five minutes. Have ready a good paste made with butter. Butter a pie-plate nine and a half inches in diameter, cover the bottom with paste, lay the pumpkin mixture on this; flatten it evenly, and leave a clear inch of paste all round border; cover with paste, make three half-inch slits in the centre, brush with beaten

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egg, and place in a moderate oven for forty minutes. Then dust it thickly with castor sugar inside the oven door, close the door again for a couple of minutes, and serve.

(CHAPTER IV)

734. BANANAS, BOILED

Pare and thinly slice six just-ripe bananas. Have ready boiling in a pan one ounce of butter and a quarter of a pint of water. Put in the bananas, let simmer till tender, and strain off the water. In another saucepan place one ounce of butter, melt it, and fry half an ounce of flour in it for four minutes, then stir in the liquor strained from the bananas, and continue to stir till all is smooth. Add a pinch of nutmeg and a little salt, and boil for ten minutes. Stir in a quarter of a pint of milk, and mix well; then place the bananas on a heated dish, surrounded with a wall of boiled rice, and pour the sauce upon them.

735. CHESTNUTS À L'ITALIENNE

Take some large chestnuts, slit each at the side, boil until the shell and skin can be removed easily. Return to pan and mash, with pepper, salt, and cream, and a little butter at discretion; let heat well through, and serve with a sharp sauce.

736. STUFFED OLIVES

Stone some large olives, if possible with a spiral cutter so as not to spoil their shape, and stuff them with the following mixture: hard-boiled yolks, finely chopped capers, pounded sardine, and butter; about equal proportions of each, blend thoroughly. Lay the olives in fried croûtons, and garnish with thin slices of cucumber.

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737. WALNUT PUDDING

Take one teacupful of fine bread-crumbs, one teacupful of ground walnuts, one small onion or shallot very finely minced, seasoning of salt and pepper, a pinch of grated nutmeg; and bind all with two well-beaten eggs. If further moisture is required, use bran stock or ordinary stock. Put in a mould and steam about forty-five minutes.

(CHAPTER V)

738. MAIZE AND RUNNER BEANS

Break the blossom ends, pull backward and remove the strings of a pint of fresh, tender runner beans; neatly pare the thin strips from other end of beans, cut in two, plunge them into a quart of water with a teaspoonful of salt, and gently boil for forty minutes. Drain.

Cut away the stalks, remove the leaves and silk from three good-sized tender ears of green corn; drop them in a saucepan with two quarts of boiling water, a quarter of a pint of milk, one teaspoonful of salt, and boil for twenty-five minutes. Drain and let slightly cool off, then with the back of a knife blade detach grains from the cobs. Heat one tablespoonful of melted butter in a frying-pan, add the beans and corn, season with three saltspoonfuls of salt and two saltspoonfuls of pepper. Cook for eight minutes, tossing well meanwhile; dress on a vegetable dish, sprinkle a little chopped parsley over, and serve.

739. MINESTRA (MILANAISE)

Cut into small dice-shaped pieces one small carrot, one small turnip, one small onion, two leeks, and one branch of celery. Place them in a saucepan with

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half an ounce of butter, and gently brown for ten minutes, carefully stirring with a wooden spoon occasionally. Moisten with three quarts of water. Season with two teaspoonfuls of salt, half a teaspoonful of white pepper, adding half a teaspoonful of powdered saffron. Drop in a good beef bone or chicken bones; cook for forty-five minutes. Now add one ounce of uncooked Italian spaghetti, in one and a half inch equal pieces, and one ounce of raw rice. Boil for twenty minutes. Peel and cut into small dice-shaped pieces a small, sound potato and a good, red, peeled tomato, cut the same way, and add to the soup. Gently boil for twenty-five minutes more. Remove the bones, and add one tablespoonful of finely chopped parsley. Mix well, then serve.

740. MONTMORENCY VEGETABLES

Cut with a potato-machine, or slice exceedingly fine, two medium carrots, two white turnips, a white onion, one small, peeled egg-plant, three medium, peeled raw potatoes, and the head of a very small, sound, cored white cabbage. Finely chop a clove of garlic, three branches of parsley, one branch of chervil, the leaves of a branch of tarragon, and add to the vegetables. Season with a teaspoonful of salt, half a teaspoonful of pepper, and mix them well. Lightly butter a small, square tin of about eight inches square, arrange vegetables in the tin by layers, sprinkle over a teaspoonful of grated Parmesan cheese and half an ounce of butter, arrange over each layer alternately, cover with a sheet of buttered paper, set in oven to bake for an hour and ten minutes, remove and use as required.

741. MYSORE CURRY

Cut into quarter-inch squares one small onion, two shallots, a seeded red tomato, one peeled and

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cored apple, and one clove of sound garlic. Melt a heavy tablespoonful of butter in a saucepan, add the above articles, sprinkle over two tablespoonfuls of flour, lightly stir, then add two pounds of raw mutton from the leg, cut in three-quarter-inch-square pieces. Stir all well together, brown for four minutes, stirring well meanwhile; add a tablespoonful of curry-powder, and stir well again.

Moisten with a pint of water, and tie up in a bunch one leek, a branch each of celery and parsley, a sprig of thyme, a bay-leaf, and a clove; add to pan with rind of half a sound lemon and half a pint of fresh or tinned peas; season with a good teaspoonful of salt, half a teaspoonful of pepper, and mix well. Cover pan, then set in oven for an hour, being careful to mix once in a while; remove, take up bouquet and lemon rind, dress curry on a hot dish, arrange rice around, and serve with Indian chutney, etc.

742. POTATOES WITH MUSHROOMS

Boil some potatoes in salt and water; when done, cut them into slices, and put them into a stew-pan with some mushrooms and shallots shredded fine, and a large slice of butter; let them stand a few minutes on the fire; add a little flour moistened with a little good stock, and a little pepper and salt; let the whole stew together for about a quarter of an hour; then add the yolks of two eggs and a little white wine vinegar.

743. RAVIOLI

Remove the stalks and thoroughly wash a pint of fresh spinach; plunge in a quart of boiling water with half a teaspoonful of salt, and boil for eight minutes. Thoroughly drain on a sieve, and finely chop them; place them in a bowl, adding one ounce of very finely chopped, cooked, lean ham. Season

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with two saltspoonfuls of salt, two saltspoonfuls of white pepper, a saltspoonful of grated nutmeg, and one tablespoonful of grated Parmesan cheese; mix well for a minute, and keep in a cool place until required.

Sift a quarter of a pound of flour on a table, make a hollow in the centre, place in two egg-yolks, three tablespoonfuls of water, and a saltspoonful of salt. Knead the whole well for ten minutes, then let rest for five minutes. Roll out the paste on a lightly floured table, as thin as possible, and with a round pastry-cutter the size of a silver crown-piece stamp out as many as you can. Arrange a teaspoonful of the spinach preparation in the centre of one piece, lightly wet the edges with cold water, and cover it with another round of paste, then carefully press both edges together to tightly close them. Proceed the same with the rest. When all are finished, carefully drop them in two quarts of boiling water with a teaspoon; salt and cook for twenty minutes. Take up with a skimmer, thoroughly drain, and use as required.

744. RAGOÛT OF VEGETABLES

Take the remains of cooked vegetables, the larger the variety the better, and cut them into small pieces, then season these pleasantly with salt and pepper and put them in a well-buttered stewpan; toss them over the fire for a minute or two, after which moisten them with a little good creamy gravy, or some suitable sauce, and allow them to get thoroughly hot, giving the pan a gentle shake every now and then to prevent them burning or sticking to the bottom. Do not stir during the process of reheating, as the ragoût presents a much more dainty appearance if the vegetables are kept unbroken. When thoroughly hot, pile up the ragoût

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in the centre of a well-heated dish, garnish round about with crisp, well-drained croûtons, or finger-pieces of hot toast, and serve at once.

(CHAPTER VI)

745. ARTICHOKE PURÉE

Melt four ounces of butter in a stew-pan ; add one onion sliced, half a head of celery sliced, quarter of a teaspoonful each of salt and of cinnamon, one table-spoonful of minced ham. Let simmer fifteen minutes, stirring well. Have ready one pound of Jerusalem artichokes, boiled ; add these, with half a pint of milk, to the rest ; and let boil till the artichokes can be passed through a sieve. Serve very hot.

746. CREAM OF BARLEY

Take half a pound of pearl barley, wash it several times in cold water (changing the water) and then rub it clear of the water with your hands. Drain on a sieve, and place in a saucepan with two and a half quarts of beef stock, and one carrot, one onion, and two leeks, all sliced. Add one teaspoonful of salt, cover up, and let simmer for two hours. Pass it through a coarse sieve, return to pan, add one pint of milk, two gills of cream, and half an ounce of butter. Whisk well for one minute, let boil again, skim, add one teaspoonful of powdered sugar, whisk again for one minute, and serve.

747. LENTILS, PURÉE OF

Steep one pint of lentils overnight in cold water. Drain on a sieve, and place in a large pan, with the following sliced vegetables : one carrot, one onion, two leeks, two stalks of celery, one stalk of chervil, one clove of garlic, two potatoes (raw, peeled), and

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eight ounces of lean salt pork, gammon, or ham. Add three quarts of water, one tablespoonful of salt, and half a teaspoonful of pepper. As soon as this boils, skim well, add one ounce of butter, cover up pan and let simmer for two hours. Then remove the pork, strain the purée through a sieve, thin it a little, if necessary, with hot milk; serve with fried croûtons.

748. PEANUTS, PURÉE OF

Take one and a half breakfastcupfuls of pea-nuts, roast them, grind in a nutmill or a mincer, and add two cupfuls of rice water, two cupfuls of milk, an ounce of butter, salt and pepper to taste; boil till thoroughly soft, strain through coarse sieve, return to pan, and thicken with one well-beaten egg. Heat again carefully till the egg is cooked, and serve.

749. TOMATO AND TAPIOCA PURÉE

Place in a saucepan the following, all sliced small; half a carrot, one onion, two leeks, one stalk of celery, two sprays of parsley, half a clove of garlic, one ounce of lean raw ham, one ounce of butter. Let the vegetables cook to a nice light brown, which will take about ten minutes; stir frequently. Add two tablespoonfuls of flour, stir well; put in one and a half pints of ripe fresh tomatoes, crushed, and two quarts of hot stock or water. Mix well, and add seasoning of one saltspoonful of chopped thyme, one bay-leaf, one clove, one teaspoonful of allspice, one heaped teaspoonful of salt, half a small teaspoonful of white pepper, and one tablespoonful of castor sugar. Cover, and let simmer slowly for one and a quarter hours.

Put two ounces of tapioca into half a pint of boiling broth. Mix well for a minute, and let cook for a quarter of an hour, stirring often. Strain the tomato

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purée through a gravy strainer into another pan, add the tapioca and broth, mix, and boil for five minutes before serving.

(CHAPTER IX)

750. BRAN STOCK

A good stock for soups, purées, etc., may be made by boiling eight ounces of bran for two hours in one quart of water; strain and use as required. It is, of course, much more nourishing than plain water.

751. MIREPOIX

This is a mixture used as the basis of vegetable stock, or sauce; its ingredients are as follows: one small onion, one small carrot, one stalk of celery, one leek (all sliced), one crushed clove of garlic, one bay-leaf, two cloves, one saltspoonful of chopped thyme, two sprays of chopped parsley, two ounces of pork chopped small.

752. SAUCE PIQUANTE

Take six medium-sized shallots, peel and mince them very small. Heat them well, but do not brown them, in a teaspoonful of butter melted in a pan. Take six sound gherkins, one large tablespoonful of capers, one clove of garlic, one teaspoonful of fresh parsley, and mince all finely. Add these to the pan, with one saltspoonful each of salt and of white pepper. Moisten with two tablespoonfuls of vinegar (or of sherry), one gill of tomato sauce, and one gill of demi-glace. Stir well, let boil slowly till reduced to half the quantity, and serve.

753. ASPIC JELLY, No. 1

Take two stalks of celery (chopped), quarter of a cup each of chopped carrot and chopped onion,

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half a cup of mushroom trimmings, one bay-leaf, and two sprigs of parsley; cook them in two tablespoonfuls of butter. Add six peppercorns, one lemon rind, three tablespoonfuls of tarragon vinegar, three cloves, and one quart of water, let simmer very gently for one hour. Dissolve three teaspoonfuls of beef extract in two cupfuls of boiling water, and strain the rest to this; then add two ounces of leaf gelatine dissolved in one cupful of cold water, and let cool. Add the whisked white and shell of one egg, or more shells if possible. Bring slowly to boiling point, stirring continually with a whisk, and let boil three minutes. Remove to cooler part of range, let simmer fifteen minutes, skim, and strain.

754. ASPIC JELLY, No. 2

For Salads, Garnishes, etc.

Place in a lined pan one sliced onion, one sliced carrot, the whites and shells of three eggs (the whites whisked a little), one quart of stock, two ounces of leaf gelatine, four cloves, the juice and rind of one lemon, one teaspoonful of salt, half a teaspoonful of pepper. Continue to stir with a whisk until the mixture boils, then remove the whisk; and when the liquid has frothed up to the top of the pan, move it to one side of the range, cover, and let it clear; this will take about ten minutes. Strain it through a scalded jelly-bag into a wet mould.

755. TOMATO JELLY, No. 1

Stew enough tomatoes to make one pint of pulp when tender enough to pass through a sieve. Place in a lined pan with half a carrot, half a turnip, and half an onion, one pint of cold water, the whites

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and shells of two eggs, two ounces of leaf gelatine, juice of half a lemon, and a teaspoonful of salt; whisk until it boils, and proceed as for aspic jelly, No. 2.

756. TOMATO JELLY, No. 2

Take two and a half cupfuls of tinned tomatoes, and place in a lined pan with one slice of onion, one stalk of celery, one bay-leaf, two cloves, half a cupful of cold water, half a teaspoonful of salt, and a pinch of red pepper. Let cook fifteen minutes; then add one ounce of gelatine softened in cold water, one tablespoonful of tarragon vinegar, and half a cupful of mushroom parings; stir well till the gelatine is dissolved, then strain through a sieve fine enough to hold back the tomato seeds.

(CHAPTER X)

757. SPANISH EGGS

Take four hard-boiled eggs, and cut them each neatly in two. Remove the yolks, slice a little off the ends of the whites so that they can stand like cups, and fill them with the following mixture: the yolks passed through a sieve, a few finely chopped gherkins and olives, a little finely minced parsley, salt and pepper to taste, a few drops of salad oil, and a squeeze of lemon juice. Blend all thoroughly. Stand the whites of eggs on separate slices of hot buttered toast, and serve at once.

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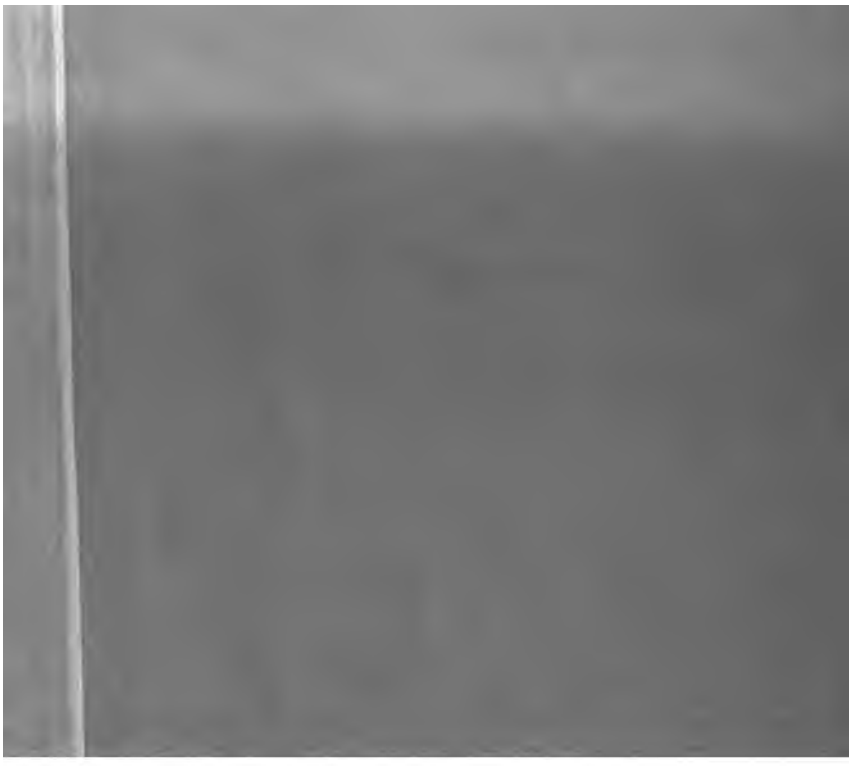

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